

Sour Soup of Beef Recipe (Sinigang Na Carne Filipino Recipe)

Ingredients: Serves 6 - 8

500 g shin beef
500 g soup bones
250 g pork chop, with fat removed
1 medium onion, peeled and sliced
2 under-ripe tomatoes, sliced
2 teaspoons salt
1 tablespoon dried tamarind pulp
1 cup boiling water
1 large sweet potato, peeled and diced
1 giant white radish, peeled and sliced
2 cups shredded greens, such as spinach
fish sauce to taste
lime or lemon wedges

Method:

Blanch beef, soup bones and pork in hot boiling water and remove. Then rinse under cold running tap water to remove scum and blood. Put beef, bones and pork into a large saucepan with enough water to cover. Add onion, tomatoes and salt. Bring to the boil then reduce heat and simmer, covered, until meat is tender for about 45 minutes. Remove meat to cool. Meanwhile soak tamarind pulp in boiling water until water cools, then squeeze to dissolve all the tamarind pulp and strain into simmering soup, discarding seeds and fibers of tamarind. Cut pork into thin slices, beef into dice. Discard bones. Return meat to soup. Add sweet potato and radish to soup and simmer until almost soft, add greens and season to taste with fish sauce. As soon as leaves are cooked, serve hot with lime or lemon wedges for extra seasoning.

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