



## Classic Caldereta Recipe

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Preparation Time	15
Cooking Time	172
Serving Size	6

### Ingredients:

- 900 g beef, shortribs, cut into serving portions

### FOR THE MARINADE

- 2 1/2 Tbsp olive oil
- 1/8 cup garlic, crushed
- 1/4 Tbsp peppercorn, crushed
- 1/8 cup soy sauce
  
- 2 1/2 Tbsp olive oil
- 1/3 cup onion, sliced
- 1 pc siling labuyo, sliced
- 2 1/2 Tbsp liver spread
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1 1/4 cup water
- 1 pc bay leaf/laurel leaf
- 1 cup potato, cut into chunks
- 1/3 cup green olives, pitted
- 1 pc whole pickle, sliced crosswise
- 1/2 cup bell pepper, red, cut into strips
- 1/2 cup bell pepper, green, cut into strips
- 3/4 cup green peas, frozen
- 1/4 cup cheese, grated

### Preparation:

1. Sauté garlic, onion and beef until beef turns light brown. Add liver spread and water. Bring to a boil then simmer for 2-3 hours or until beef is tender.
2. Add DEL MONTE Original Style Tomato Sauce, potato, laurel leaf, salt, pepper and siling labuyo. Bring to a boil and turn down heat to simmer. Cook for 10 minutes.
3. Add green peas, bell peppers and cheese. Bring to a boil then simmer for 15 minutes or until vegetables are tender.

### Chef's Tip

The vinegar in the marinade helps break down the proteins in the meat which helps to tenderize it.

### Lusog Notes

This Classic Caldereta dish is rich in vitamin A that helps maintain healthy skin and normal vision and also plays a role in immunity. It is also high in protein, which helps in the regulation and maintenance of the body's fluid balance.

### **Cooking Skills Needed**

- Marinating
- Stirring

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