



Classic Caldereta Recipe

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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