



Classic Callos Recipe

Preparation Time	25
Cooking Time	140
Serving Size	12

Ingredients:

- 1 kg beef tripe, cleaned and sliced
- 5 cups water
- 1/2 Tbsp peppercorn
- 1 tsp salt
- 2 pcs bay leaf/laurel leaf
- 3 Tbsp olive oil
- 3 Tbsp garlic, crushed
- 2/3 cup onion, red, sliced
- 1/4 cup chorizo de bilbao, sliced
- 1 1/3 cups carrot, sliced
- 2 pouches DEL MONTE Original Style Tomato Sauce (200g)
- 1 cup garbanzos, cooked
- 1/2 cup green olives, pitted
- 2 Tbsp red wine or mompo
- 1 can sausage, vienna (225g), drained and sliced
- 1/4 cup bell pepper, red, cut into strips
- 1/4 cup bell pepper, green, cut into strips
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 1/3 cup cheese, grated

Preparation:

1. Boil tripe in enough water for 5 minutes to remove the scum. Drain and discard the broth.
2. Boil again in 5 cups water with peppercorn, salt, and laurel 1 hour and 30 minutes or until tender. Drain. Reserve broth.
3. Sauté garlic, onion, tripe, chorizo, and carrot in olive oil for 3 minutes. Add DEL MONTE Original Style Tomato Sauce, 1 1/2 to 2 cups broth, and remaining ingredients except cheese.
4. Bring to a boil. Cover and simmer for 10 minutes, stirring occasionally. Add the cheese. Allow to simmer until cheese is incorporated.

Chef's Tip

Boiling the tripe for the first time is not meant to cook the tripe. It is meant to blanch the meat and remove any impurities and unpleasant smell from the tripe.

Lusog Notes

This dish is high in vitamin A that helps protect one from infections and maintains healthy skin. It also has calcium that helps build bones and teeth and helps keep them strong.

Cooking Skills Needed

- Sautéing

- Simmering
- Slicing

Cooking Tools

- Pot
 - Chopping Board
 - Measuring Cups
 - Spatula
 - Colander
 - Measuring Spoon
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