



## Classic Mechado Recipe

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Preparation Time	15
Cooking Time	255
Serving Size	8

### Ingredients:

#### FOR THE MARINADE

- 3 Tbsp soy sauce
- 4 cloves garlic, crushed
- 1 Tbsp DEL MONTE Red Cane Vinegar (47cl)
- 1/2 tsp peppercorn
  
- 1 kg beef, round
- 200 g pork fat, cut into 3-inch long strips
- 3 Tbsp oil, for frying
- 5 pcs sibuyas Tagalog/shallots, each piece cut into 2
- 1 pc bay leaf/laurel leaf
- 2 pouches DEL MONTE Original Style Tomato Sauce (200g)
- 1 cup water
- 1/3 cup bell pepper, red, cut into strips
- 2 cups potato, cut into chunks, and then fried

### Preparation:

1. Mix all the ingredients for the marinade.
2. Make a hole at the center of the meat. It should be deep enough to insert the pork fat. Marinate in the chiller for 30 minutes.
3. Drain the meat but reserve the marinade. Set aside.
4. Insert pork fat in the hole, making sure to have 1-2 inch overhang on both ends of the meat.

### Chef's Tip

When cooking the mechado, turn the meat every 30 minutes to make sure it tenderizes on all sides.

### Lusog Notes

This classic dish contains iron needed for making red blood cells that carry oxygen around the body. It also has vitamin A that helps resist infections and maintains healthy skin.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board

- Measuring Spoon
- Knife
- Pan

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