



Classic Morcon Recipe

Preparation Time	15
Cooking Time	100
Serving Size	15

Ingredients:

- 750 g beef, round, pre-sliced for morcon

FOR THE MARINADE

- 3/4 Tbsp calamansi juice
- 2 1/2 Tbsp soy sauce

FOR THE STUFFING

- 2 pc egg, hard-boiled and each sliced into 6 wedges
- 1/2 cup hotdog, cut into strips
- 1/3 cup bacon
- 1 1/4 cup carrot, cut into strips
- 1/4 cup whole pickle, cut into strips
- 1/3 cup cheese, cut into strips
- 1/2 cup bell pepper, red, cut into strips
- 1 Tbsp flour, all-purpose
- 2 1/2 Tbsp oil

FOR THE SAUCE

- 2 1/2 Tbsp garlic, crushed
- 1/3 cup onion, sliced
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1 cup water
- 1 pc bay leaf/laurel leaf

Preparation:

1. Pound beef to flatten. Marinate for 30 minutes. Drain and reserve marinade.
2. Starting at one end of meat, arrange the stuffing in alternate rows until all are used up. Roll and tie with string (crocheting thread). Sprinkle with flour then brown all sides in oil. Set aside.
3. Sauté garlic and onion. Add beef, DEL MONTE Original Style Tomato Sauce, water, laurel leaf, and marinade. Bring to a boil and simmer for 45 minutes or until tender.
4. Allow to rest for 10 minutes. Remove string from morcon. Slice and arrange on a platter. Pour sauce on top.

Chef's Tip

Resting cooked meats before slicing allows the juices to settle. As such, the juices will not run off and keep the meat moist.

Lusog Notes

This dish is high in vitamin A that protects one from infections by keeping skin and other parts of the body healthy.

Cooking Skills Needed

- Deep Frying
- Slicing

Cooking Tools

- Chopping Board