



Kaldereta Bola-bola Recipe

Preparation Time	10
Cooking Time	28
Serving Size	6

Ingredients:

BOLA-BOLA:

- 300 g pork, ground
- 2/3 cup bread crumbs
- 1 pc egg
- 1/3 cup onion, red, chopped
- 2 Tbsp soy sauce

KALDERETA SAUCE:

- 2 Tbsp oil
- 1 Tbsp garlic, minced
- 1/4 cup liver spread
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (250g)
- 2 Tbsp soy sauce
- 1/2 cup water

- 1/2 cup bell pepper, green, cut into 1 x 1-inch cubes
- 1/2 cup bell pepper, red, cut into 1 x 1-inch cubes
- 1 cup potato, cut into chunks then fried

Preparation:

1. Mix ground pork, bread crumbs, egg, onion, and soy sauce together until well incorporated then form every 1 tablespoon of the bola-bola mixture into balls.
2. For the Kaldereta Sauce: In a pan, sauté the garlic in oil until aromatic. Add the liver spread then sauté for 1 minute. Add the DEL MONTE Filipino Style Tomato Sauce, soy sauce, and water. Add the balls then let it simmer covered until balls are cooked.
3. Turn the heat off then add the green and red bell pepper. Cover for another 3 minutes. Serve with fried potatoes.

Chef's Tip

Lusog Notes

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups

- Measuring Spoon
 - Mixing Bowl
 - Spatula
 - Tray
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