



Kalderetang Kambing Recipe

Preparation Time

10

Cooking Time

101

Serving Size

8

Ingredients:

- 750 g goat meat, cut into chunks
- 2 Tbsp DEL MONTE Red Cane Vinegar
- 1 cup water
- 2 Tbsp oil
- 2 Tbsp liver spread
- 2 pc siling labuyo, sliced
- 1/4 cup red wine
- 1 cup water
- 1 pouch DEL MONTE Quick 'n Easy Caldereta Sauce (80g)
- 1/4 cup green olives, stuffed
- 1 cup bell pepper, red, cut into strips
- 1 Tbsp cheese, grated
- 150 g potato, cut into chunks and fried

Preparation:

1. Marinate goat meat in DEL MONTE Red Cane Vinegar for 30 minutes. Drain and discard marinade. Boil meat in water, drain and discard broth.
2. Sauté meat in oil until slightly dry, then add liver spread and sili. Sauté for 2 minutes.
3. Add red wine, water, and DEL MONTE Quick 'n Easy Caldereta Sauce. Bring to boil then turn down to simmer uncovered for 5 minutes, then cover and continue simmering until meat is tender.
4. Add olives, bell peppers, and cheese. Simmer for 5 minutes. Stir in fried potatoes.

Chef's Tip

Goat meat is a lean meat and can dry out easily at high heat. To cook, it is best to use low heat to slowly cook the meat, locking the flavor and moisture.

Lusog Notes

This Kalderetang Kambing recipe is high in protein and vitamin A. Protein is essential for growth and development. On the other hand, vitamin A helps maintain healthy skin and normal vision.

Cooking Skills Needed

- Mixing

Cooking Tools

- Sauce Pot
 - Sauté Pan
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