



Pata Kare-Kare Recipe

Preparation Time	5
Cooking Time	75
Serving Size	10

Ingredients:

- 1 1/2 kg pork, pata front, cut up
- 2 Tbsp garlic, crushed
- 2 Tbsp patis
- 3 cups water
- 2 packs DEL MONTE Quick 'n Easy Kare-Kare Mix (50g)
- 2/3 cup eggplant, sliced
- 2/3 cup puso ng saging/banana heart, trimmed and sliced
- 1 cup sitaw, cut into 3-inch long pieces
- 1 1/3 cup pechay Tagalog
- 1/4 cup bagoong alamang

Preparation:

1. Rub pata with garlic and patis. Boil in enough water for 45 minutes. Drain, discard the broth.
2. Add 3 cups of water to the pata and simmer until meat is tender.
3. Retain only 1 1/2 cups broth in pan. Add DEL MONTE Quick n Easy Kare-Kare Mix and vegetables except pechay. Simmer until vegetables are cooked.
4. Add pechay. Simmer once. Serve with sautéed bagoong alamang.

Chef's Tip

Discard the water from the first boiling. This gets rid of any odors or impurities that the pata might have.

Lusog Notes

This recipe is high in protein which is essential in growth and development, and in vitamin B1 which plays a role in muscle contraction.

Cooking Skills Needed

- Boiling
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Pot
- Spatula