



Pata Kare-Kare Recipe (Party)

Preparation Time	5
Cooking Time	75
Serving Size	30

Ingredients:

- 3 3/5 kg pork, pata front, cut up
- 6 Tbsp garlic, crushed
- 6 Tbsp patis
- 9 cup water
- 6 pack DEL MONTE Quick 'n Easy Kare-Kare Mix (50g)
- 2 cup eggplant, sliced
- 2 cup puso ng saging/banana heart, trimmed and sliced
- 3 cup sitaw/yardlong beans, cut into 3-inch long pieces
- 4 cup pechay Tagalog
- 3/4 cup bagoong alamang

Preparation:

1. Rub pata with garlic and patis. Boil in enough water for 45 minutes. Drain, discard the broth.
2. Add 9 cups water to the pata. Bring to a boil then simmer for 30 minutes or until meat is tender.
3. When the meat is tender, transfer into a bowl. Retain only 4 1/2 cups broth in pan. Add DEL MONTE Quick 'n Easy Kare-Kare Mix and vegetables except pechay. Simmer for 5 minutes.
4. Add pechay. Simmer for 3 minutes then add back to the meat. 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 Pata Kare-Kare recipe is high in protein which is essential in growth and development, and in vitamin B1 which plays a role in muscle contraction.