



Pineapple Korean Beef Stew Recipe

Preparation Time	500
Cooking Time	198
Serving Size	14

Ingredients:

- 1 1/2 kg beef, shortribs, cut up
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 3 1/2 Tbsp garlic, chopped
- 3 1/2 Tbsp flour, all-purpose
- 1/3 cup oil

- 1/3 cup onion, red, chopped
- 2/3 cup water
- 3 3/4 Tbsp rice wine
- 1 can DEL MONTE Pineapple Chunks (560g), drained, reserve syrup
- 1 2/3 cup potato, cut into chunks then fried
- 2 1/2 cup carrot, cut into chunks and fried
- 1 1/4 tsp sesame seeds, toasted
- 2 1/2 cup leeks, sliced into 2-inch length, fried

Preparation:

1. Marinate beef in DEL MONTE Quick n Easy BBQ Marinade, reserved pineapple syrup, and garlic overnight in the refrigerator. Drain and reserve marinade.
2. Sprinkle beef with flour then cook in oil until brown. Set aside.
3. In the same pan, sauté onion, then add back beef. Add reserved marinade and water. Cover and simmer over low heat for 2 - 3 hours or until meat is tender.
4. Add rice wine and DEL MONTE Pineapple Chunks. Simmer for another 2 minutes.
5. Stir in potatoes and carrots. Top with sesame seeds and leeks.

Chef's Tip

As the stew simmers, brown foam will rise to the surface. Take out the foam that might add a "malansa" taste to the dish and will make the sauce cloudy.

Lusog Notes

This recipe is high in vitamin A that helps maintain normal vision and healthy skin, as well as helps strengthen the immune system.

Cooking Skills Needed

- Marinating
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon

- Wooden Spatula

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