



## Red Kansi Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>66</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2 Tbsp oil
- 1/2 cup onion, sliced
- 4 Tbsp ginger, cut into strips
- 3/4 kg beef, shank/kenchi, cut up
- 3 1/4 cup water
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1 1/2 tsp salt
- 1/2 tsp peppercorn, black
- 1 pc siling haba
- 300 g langka, unripe, cut into chunks
- 300 g langka, ripe, cut into chunks
- 2 stalks tanglad
- 1 Tbsp sinigang mix

### Preparation:

1. Sauté onion and ginger. Add beef, sauté for a few minutes. Add water, DEL MONTE Original Style Tomato Sauce, salt and peppercorns. Cover and simmer until beef is tender.
2. Add sili and langka. Simmer until tender.
3. Add tanglad and sinigang mix. Simmer for 3 minutes.

### Chef's Tip

For an authentic kansi, use batwan as your souring agent. This Ilongo fruit is mildly sour and is very popular in the region.

### Lusog Notes

This local dish is rich in iron and niacin. Iron is important for normal metabolism and in the formation of red blood cells that transport oxygen in the bloodstream. On the other hand, niacin helps keep the digestive and nervous system healthy.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon

- Pot

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