



Seafood Kare-Kare Recipe

Preparation Time	25
Cooking Time	37
Serving Size	6

Ingredients:

- 500 g squid, ink sac, backbone and eyes removed, sliced
- 1 tsp calamansi juice
- 1/4 tsp salt
- 2 Tbsp oil, for frying

- 2 cups water
- 300 g tahong

- 1 pack DEL MONTE Quick 'n Easy Kare-Kare Mix (50g), dissolved in 3/4 cup tahong broth
- 100 g sitaw, sliced into 3-inch length
- 1 1/2 Tbsp ginger, cut into strips
- 100 g puso ng saging/banana heart, trimmed, sliced, soaked in water
- 250 g shrimp, trimmed
- 2 Tbsp taba ng talangka
- 100 g pechay Tagalog

Preparation:

1. Season squid with calamansi juice and salt. Fry for 3 minutes. Set aside.
2. Boil tahong in water until shells are just opened, discard half shell and reserve stock.
3. Combine DEL MONTE Quick n Easy Kare-Kare Mix mixture with sitaw, ginger, and drained banana heart in pan. Cover and simmer for 5 minutes, stirring occasionally.
4. Add shrimps, taba ng talangka, and tahong. Stir. Simmer for 5 minutes.
5. Add pechay and squid. Simmer for 3 minutes or until cooked.

Chef's Tip

Squid becomes rubbery when overcooked. Fry the squid just until it changes color to prevent it from becoming tough and unpleasant to eat.

Lusog Notes

This local dish is rich in iron that is needed for normal metabolism and calcium that helps make bones and teeth strong.

Cooking Skills Needed

- Simmering

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board

- Measuring Spoon
- Strainer
- Pot

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