



New India Food Store

Gateway to Real Indian Taste

Kaldereta RECIPE

(Estimated cooking and preparation time: 1 ½ to 2 hours)



Cooking Instructions

- 1) In a casserole, sauté: garlic and onions in oil. Then add tomatoes, red & green pepper and chilli peppers.
- 2) Add in the beef, tomato sauce, liver spread and water or stock. Salt to taste and let simmer for at least 1 hour or until the beef is tender.
- 3) Add cheese and olives (optional) and continue to simmer until the sauce thickens.
- 4) Serve with plain rice

Ingredients

1 kilo beef, cut into chunks
1 big can (350g) liver spread or ground liver
5 onions, minced
5 cloves garlic, minced
6 tomatoes, sliced
1 cup tomato sauce
3 green peppers, diced
3 red peppers, diced
4 pieces hot chilli peppers, minced
3/4 cup grated cheese
2 cups beef stock or water
1/4 cup cooking or olive oil

Cooking Tip

- 1) Instead of beef, goat's meat (kambing) can be used. If goat's meat is used, marinate the meat in vinegar, garlic, salt and pepper for at least 15 minutes.
- 2) For a special kaldereta, do not use water or beef stock. Use an equivalent weight of onions to the beef (1 kg of onions : 1 kg of beef). The onions will serve as water to the dish.
- 3) For easy cook kaldereta, you can use Mama Sita's Caldereta Mix.