



New India Food Store

Gateway to Real Indian Taste

Kare Kare RECIPE

(Estimated cooking and preparation time: 2 hours)



Cooking Instructions

- 1) In a stock pot, boil beef, tripe and oxtails in water for an hour or until cooked. Strain and keep the stock.
- 2) In a big pan or wok, heat oil and atsuetje oil.
- 3) Sauté garlic, onions until golden brown, then add the stock, toasted rice, beef, oxtail and peanut butter. Bring to a boil and simmer for 15 minutes. Salt to taste.
- 4) Add the eggplant, string beans, pechay and banana bud. Cook the vegetables for a few minutes - Do not overcook the vegetables.
- 5) Serve with bagoong on the side and hot plain rice.

Ingredients

1 kilo of beef (round or sirloin cut) cut into cubes, beef tripe or oxtail (cut 2 inch long) or a combination of all three (beef, tripe and oxtail)
3 cups of peanut butter
1/4 cup ground toasted rice
1/2 cup cooked bagoong alamang (tiny shrimp)
2 pieces onions, diced
2 heads of garlic, minced
4 tablespoons atsuetje oil
4 pieces eggplant, sliced 1 inch thick
1 bundle Pechay (Pak choi) cut into 2 pieces
1 bundle sitaw (string or long beans) cut to 2" long
1 banana bud, cut similar to eggplant slices, blanch in boiling water
1/2 cup oil
8 cups of water
Salt to taste

Cooking Tip

You can use Mama Sita's Kare Kare Mix or Stew Base Mix for an easy cook.