



FILIPINO

Beef Caldereta

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	2 hr 15 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 3 tbsp vegetable oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 400 g (14 oz) canned tomato sauce
- 500 ml (2 cups) beef stock or water
- 2 tbsp soy sauce
- 2 bay leaves
- 3 tbsp liver spread or smooth liver pâté
- 2 potatoes, cut into 3 cm (1¼ in) chunks
- 2 carrots, cut into 3 cm (1¼ in) chunks
- 1 red bell pepper, cut into strips
- 80 g (½ cup) green olives
- 1 to 2 bird's eye chillies (or 1 serrano or Thai chilli; optional)
- 60 g (½ cup) grated cheddar (optional)
- Salt and black pepper

Steps

1. Season the beef with salt and pepper. Heat 2 tbsp oil in a heavy pot over medium-high heat and sear in batches until browned, about 5 minutes per batch. Set aside.
2. Reduce to medium, add the remaining oil and the onion, and cook for 5 minutes until soft. Stir in the garlic for 1 minute.
3. Add the tomato sauce and cook for 3 minutes, scraping up the browned bits.
4. Return the beef, then add the stock, soy sauce and bay leaves. Bring to a bubble, cover, and stew over low heat for 1½ hours until the beef is nearly tender.
5. Stir in the liver spread until it dissolves, which thickens and enriches the sauce.
6. Add the potatoes and carrots, cover, and cook for 25 minutes until tender. Add the bell pepper, olives and chillies and simmer uncovered for 8 to 10 minutes until the pepper is just soft and the sauce is thick.
7. Stir in the cheese if using, taste for salt, and serve.

Notes

- **Liver spread:** the traditional thickener; use peanut butter (2 tbsp) if you prefer, a common variation.
- **Serving:** with plenty of steamed rice.
- **Other cuts:** short ribs or shank make a rich version; add 30 minutes.
- **Slow cooker:** sear the beef, then cook with the onion, tomato sauce and stock on low 8 hr or high 4–5 hr, with the potatoes and carrots for the last 2 hr. Stir in the liver spread and thicken lid off on high for 30 minutes.
- **Make ahead:** the flavour deepens overnight; reheat gently until steaming hot.

- **Chef's touch:** squeeze in a little lime (or calamansi) off the heat; the acid brightens the rich liver-and-tomato sauce.