FILIPINO

Bistek Tagalog

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**15 min + 1 hr marinating**	**20 min**	**Pan-fry**	**Outside round**

Ingredients

- 600 g (1⅓ lb) outside round, sliced across the grain into 5 mm (¼ in) steaks
- 80 ml (⅓ cup) soy sauce
- Juice of 3 calamansi or 2 limes (about 60 ml or ¼ cup)
- 1 tsp black pepper
- 3 tbsp vegetable oil
- 2 large onions, cut into thick rings
- 3 cloves garlic, minced
- 120 ml (½ cup) water
- 1 tsp sugar (optional)
- Steamed rice, to serve

Steps

1. Combine the beef, soy sauce, calamansi juice and pepper in a bowl. Marinate in the fridge for 1 to 4 hours.
2. Drain the beef, keeping the marinade. Pat the slices fairly dry so they brown.
3. Heat 2 tbsp of the oil in a large skillet over high heat. Pan-fry the beef in batches for 1 minute per side, until browned at the edges. Move to a plate.
4. Lower the heat to medium and add the remaining oil. Cook the onion rings for 3 minutes, just until golden at the edges and still crisp in the middle. Take half out and keep for garnish.
5. Add the garlic for 30 seconds, then pour in the reserved marinade and the water. Bring to a bubble and scrape up the browned bits.
6. Return the beef to the pan. Simmer on low heat for 10 to 12 minutes, until the beef is tender and the sauce is reduced by about half. Taste and add the sugar if too sharp.
7. Top with the reserved onions and serve with plenty of rice to soak up the sauce.

Notes

- **No calamansi?** Use 2 parts lime juice to 1 part orange juice.
- **Slicing:** slice thinly across the grain so the lean beef stays tender; a partly frozen piece is easier to cut.
- **Variation:** add a fried egg on top, as in some Filipino homes.
- **Shortcut:** ask the butcher to slice the beef thinly, or buy beef labelled for stir-fry.
- **Chef's touch:** add a last squeeze of fresh calamansi or lime off the heat; the raw juice gives a bright top note.
- **Pair with:** a simple salad of sliced tomato and red onion.