



Thinking of you  
**Electrolux**



RECIPES by  
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## MAIN COURSE

# BEEF PUCHERO

My initial reaction to this dish was, "What the... bananas in a meat stew?" But I soon got it; the starchiness played well into the broth. I like it to be more smoky, though, so I grill the meat first. After being away from Manila for years, this was one of the three dishes I just had to have immediately when I got back. The other two were adobo and sinigang.

## PROCEDURE

In a large pot, put the bacon and render fat over low heat, about 5 minutes using your Electrolux cooking range. In the bacon fat, saute garlic and onions. Turn up heat. Add carrots and fish sauce and reduce fish sauce to a syrup. Add tomato sauce, peppercorns, and beef stock. Bring to a boil. Season beef with salt and pepper. Grill over medium-high heat so you get some good char marks.

Grill 2 minutes per side with your Electrolux electric grill. Do the same for the saba bananas. Add to the stock and bring back to a boil. Once boiling, lower heat and simmer for 30 minutes. Add potatoes and string beans. Continue simmering until beef is very tender. Season as needed. Add pechay. Serve hot.

**Slow Cooking** - Braising is a cooking method you use for ingredients that require long, slow cooking. When you braise, you want to first sear the food, usually meat, in a hot pan to seal its juices. Then pour in the cooking liquid and let it cook at low heat for several hours to get the meat nice and tender. This technique also intensifies the flavor of your protein.

## INGREDIENTS

100 g	Bacon
10 g	Garlic, minced
50 g	Onions, chopped
100 g	Carrots, cut into 1-inch slices
12 ml	Fish sauce (patis)
400 ml	Tomato sauce
2 g	Whole peppercorns
1 liter	Beef stock
1 kg	Beef short ribs
100 g	Saba bananas, halved
100 g	Potatoes, cut into 3 pieces
100 g	String beans (Baguio beans), trimmed
50 g	Pechay (Chinese cabbage)

