



Kaldereta

Another favorite Filipino dish is the Kaldereta. It is a hearty meat dish using chevon (goat meat), beef, or pork combined with potatoes, carrots, tomato sauce, and liver spread or liver paste. This is a popular dish served during special occasions and a regular in every Filipino cookbook.

Recipes

- 2 lbs beef cubed
- ☐ 3 pieces garlic cloves crushed and chopped
- ☐ 1 piece onion finely chopped
- ☐ 2 cups beef broth
- ☐ 1 piece green bell pepper sliced
- ☐ 1 cup tomato sauce
- ☐ ½ cup liver spread processed using blender
- ☐ 2 cups potatoes sliced
- ☐ 2 cups carrots sliced
- ☐ 1/4 cup cooking oil
- ☐ salt and pepper to taste

Steps:

1. Heat the cooking oil in the cooking pot or pressure cooker.
2. Sauté the onion and garlic.
3. Add the beef. Cook for 5 minutes or until the color turns light brown.
4. Add the dried bay leaves and crushed pepper. Stir.
5. Add the liver spread. Stir.
6. Pour-in the tomato sauce and beef broth.
7. Cook the beef until it becomes tender
8. Add potato and carrots. Cook for 8 to 10 minutes.
9. Put the green olives and bell peppers in the cooking pot. Stir and continue to cook for 5 minutes more.
10. Add salt and pepper to taste
11. Serve Hot. Enjoy!