



Kaldereta

Chicken Caldereta is a hearty Filipino stew with Spanish influences. It features tender chicken pieces cooked in a rich tomato-based sauce with vegetables like bell peppers, carrots, and potatoes.

Recipes

- 1 kg chicken pieces -
- 2 tablespoons cooking oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, sliced -
- 2 carrots, peeled and cubed
- 2 potatoes, peeled and cubed
- 1 cup tomato sauce
- 1 cup chicken broth
- 1/2 cup liver spread (optional
-) - 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1 teaspoon sugar -
- Salt and pepper to taste

Steps:

1. Heat the cooking oil in a large pot over medium heat.
2. Sauté the onion and garlic until softened.
3. Add the chicken pieces to the pot and cook until lightly browned on all sides.
4. Pour in the tomato sauce and chicken broth. Stir well to combine.
7. Cover the pot and simmer over low heat for about 30-40 minutes or until the chicken is tender and the flavors have melded together.
8. Add the sliced bell peppers, carrots, and potatoes. Stir gently to distribute the vegetables evenly.
9. 0. Adjust the seasoning if needed.
11. Remove from heat and let it rest for a few minutes before serving.
12. Serve hot with steamed rice.