



Bistek

Bistek Tagalog is a type of Filipino beef stew. This is also known as Beefsteak to some people. It is comprised of thin slices of beef and a generous amount of onions. These are stewed in a soy sauce and lemon juice mixture until the beef gets very tender.

Recipes

- ☐ 1 1/2 lbs beef sirloin thinly sliced
- ☐ 5 tablespoons soy sauce
- ☐ 4 pieces calamansi or 1-piece lemon
- ☐ 1/2 tsp ground black pepper
- ☐ 3 cloves garlic minced
- ☐ 3 pieces yellow onion sliced into rings
- ☐ 4 tablespoons cooking oil
- ☐ 1 cup water
- ☐ 1 pinch salt

Steps:

1. Marinate beef in soy sauce, lemon (or calamansi), and ground black pepper for at least 1 hour.
2. Heat the cooking oil in a pan then pan-fry half of the onions until the texture becomes soft. Set aside
3. Pan-fry the beef on the same pan where the onions were fried for 1 minute per side.
4. Add more oil if needed. Saute garlic and remaining raw onions until onion softens.
5. Pour the remaining marinade and water. Bring to a boil.
6. Add beef. Cover the pan and simmer
7. Season with ground black pepper and salt as needed.
8. Transfer to a serving plate. Serve hot. Share and Enjoy!