



Nilaga

For a dish you can directly translate into English with the phrase “boiled beef,” you probably wouldn’t expect Nilagang Baka to be a delicious balance of flavors. From the soft and satisfying texture of baby bok choy to the ever tender and rich cubes of beef sirloin

Recipes

- ☐ 2 lbs. beef sirloin cubed
- ☐ 2 bunches baby bok choy or pechay
- ☐ 1 piece cabbage
- ☐ 6 pieces Saba banana halved
- ☐ 4 pieces baking potato quartered
- ☐ 1 piece white onion halved
- ☐ 4 stalks celery chopped
- ☐ 1 piece star anise
- ☐ 4 cups beef broth
- ☐ 4 cups water
- ☐ Salt and pepper to taste

Steps:

1. Combine the water and beef broth in a large cooking pot. Bring to a boil.
2. Add the onion, star anise, and celery. Reduce the heat in medium. Cover the pot and continue to boil for 20 minutes.
3. Remove the onion, star anise, and celery from the boiling liquid using a skimmer or a strainer.
4. Put-in the saba banana and potatoes. Cook for 10 minutes.
5. Add the bok choy and cabbage. Sprinkle salt and pepper. Stir.
6. Cover and turn the heat off. Let the pot stay with cover-on for 2 to 5 minutes to cook the vegetables.
7. Transfer to a serving bowl.
8. Serve. Share and enjoy!