

GOAT CALDERETA

"Goat caldereta is a traditional dish of Filipino cuisine, very popular on the island of Luzon, a revised version of the homonymous Spanish dish"



Ingredients:

- Goat - 800 g (1.76 lb.)
- Potatoes (*sliced*) - 200 g (7.05 oz.)
- Carrots (*sliced*) - 200 g (7.05 oz.)
- Tomato sauce - 700 g (1.54 lb.)
- Liver spread - 1 can (*optional*)
- Green bell pepper - 1 PC.
- Red bell pepper - 1 PC. (*optional*)
- Garlic (*minced*) - 2 cloves
- Onion (*chopped*) - 1 PC.
- Oyster sauce - 7 tbsp.
- Black pepper powder - 1/2 tsp.
- Margarine - 1 tbsp.
- Bouillon cube - 2 PCs. (*vegetable flavor*)
- Bay leaves - 3 PCs.
- Lemongrass - 1 stalk
- Ginger powder - 1 tbsp.
- Pineapple juice - 2 quarts

Directions:

1. Boil the meat for 40 minutes with lemongrass and ginger powder, skim-off the foam from the boiling water.
2. Drain the meat, change the water (use half water and half pineapple juice this time) and boil again with one of the bouillon cube until meat is tender and set aside within the cooking water.
3. Melt the butter in a large pot over a slow fire and sauté the onions and garlic.
4. Add the carrots and sauté for 5 minutes then add the potatoes, bouillon cube, black pepper powder and cook for 5 minutes.
5. Add the tomato sauce, liver spread, goat meat within some ladle of cooking water, oyster sauce, bay leaves, bell pepper and simmer until bell pepper is half-cooked.