



ox tail peanut-based stew (filipino kare-kare)

NIBBLEDISH CONTRIBUTOR

Ingredients

- ox tails
 - h2o
 - salt and pepper
 - onion
 - garlic
 - fish sauce (thai preferrably)
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- tapioca flour
 - beef bullion cube
 - annato (atsuete) seeds
 - creamy peanut butter
 - bok choy
 - egg plant
 - shrimp paste (bagoong)

Instructions

I boiled the ox tails (about 8 of them) in H2O (about 10 C) seasoned with s&p for approximately 3 hours to render them super tender. In a separate pan, I sauteed 1 medium onion(diced) and 2 cloves garlic(minced) with canola oil. Once cooked, I dumped the onion and garlic in the boiling ox tail broth (on medium-high heat). I added 1 T fish sauce and 1 beef bullion cube for additional flavoring. I dissolved 1 T tapioca flour (thickening agent) in 1 C of the hot broth and on the side, I immersed about 1 T of atsuete (annato) seeds in 1 C of the hot broth for 5 mins until the broth becomes red-ish, I strained the atsuete seeds from the "juice" and added it to the pot along with dissolved tapioca flour. And then I started with 2 heaping tablespoonfuls of creamy

peanut butter melted into the sauce (Jif or Skippy). I gave it a taste, added more peanut butter and adjusted the other seasonings to my liking. When the sauce was perfect & ready, I then put my vegetables of choice in the pot (bok choy and eggplant), covered it with lid and let it simmer for a few more mins. until the vegetables are par-cooked. Done!