



## Nilagang baka (Filipino beef Stew)

NIBBLEDISH CONTRIBUTOR

### Ingredients

- 1 1/2 lb of stewing beef
- 2 small onions, chopped.
- 1 tablespoon of peppercorns
- Cabbage, chopped.
- Some bok choy, chopped.
- Salt and pepper to taste.
- WATER.

Optional:

- Carrots, chopped.
- Potatoes, chopped.

### Instructions

You can either use a big pot or a pressure cooker for this. This dish is very similar to **Bulalo**, cept different veggies and usage of stewing beef instead of beef with marrow.

You can easily substitute pork or chicken for this. This is one of the dishes I grew up with, and ate constantly back in the Philippines.

This recipe is somewhat time consuming (not really though), and is very easy, not many ingredients..

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1. Add the beef, onions and peppercorns in your pot/pressure cooker. Add water until it's covered the meat by 1/2 a cup (or just covered the meat.) If you want more broth, add more water. If you want a more beefy taste, you can add a beef bouillon cube.
  2. Cook until meat is tender, on pressure cooker, about 30 minutes. BOIL IT.
  3. After the meat is tender, add your vegetables. Cook until your veggies are ready.
  4. Season with salt and pepper, or with some fish sauce. (I sometimes use fish sauce for dipping.)
  5. Serve on top of rice.