



Kare-Kare (Oxtail and Tripe Peanut Stew.)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 kg of Oxtail meat or you can use pork feet or hocks if you want, still 1 kg, skin removed (or kept) if you want, chopped up.
- 0.5-1kg of honeycomb tripe or omasum.

- 3 cloves of garlic
- Some cooking oil.
- 2 onions, cut up.

- 1 egg plant, sliced and separated.

- Some bok choy, cut up.
- Green beans, cut up into segments.
- Hearts of palm or banana leaf hearts (used from a jar), cut up into segments.
- 1/2 a cup of smooth peanut butter (or crunchy doesn't matter)
- Some shrimp paste
- S&P
- 6 cups of water.
- Some peppercorns.

Instructions

God, another Filipino comfort food. I love my kare kare, and I usually put more omasum/tripe than there needs to be! You can, as usual, use a boiling method (for a while). This recipe uses a pressure cooker.

If you want the sauce more peanut-ey, add more peanut butter by all means. You can freeze and eat later. (Not a good idea to refrigerate for a few days b/c it gets spoiled so

easily.)

1. In a pressure cooker, put the 6 c of water, pork hocks and tripe with peppercorns and onion. Add some salt as well and pressure cook for about an hour and a half or until tender.
2. Take the other onion and garlic and "gisa" (stirfry) it with the shrimp paste.
3. After pressure cooker, strain the liquid and keep it. Remove peppercorns.
4. Put the stirfried onions and garlic back with the meat. Add the vegetables and add about 1 cup of water. (It should've evaporated a bit during cooking process.)
5. Simmer until veggies are tender. Add the peanut butter and simmer some more.
6. Season with salt and pepper.
7. Serve with rice and some shrimp paste.