

Oxtail Kare-kare

Ingredients

1 oxtail (3-5 lbs.)
5 tbsps, oil
5 cloves garlic, crushed
1 medium sized onion, sliced
water from 1/4 cup achuete, soaked
1 banana heart, sliced crosswise
2 bundles Chinese long bean (sitaw),
cut into 2-inch pieces
4 eggplants, cut into 1/2 inch slices
1/3 cup rice, toasted brown in a pan
and ground to a powder
1/2 cup peanut butter
salt and pepper to taste
MSG (optional)



Directions

Cut oxtail into 3 inch pieces.
Boil once and discard water. Boil again until tender.
Saute garlic and onion in oil.
Add achuete water, sauteed garlic and onions to meat and bring to a boil.
Add vegetables and enough water to make a sauce.
Add the powdered rice and peanut butter dissolved in 3/4 cup water into the meat.
Season with salt, pepper and MSG.
Serve with Bagoong Alamang on the side.