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Kare Kare

Ingredients

48fl oz. water
2 tsp. salt
1lb. beef, cubed
1lb oxtail, cut into pieces
2oz. string beans, cut into large pieces
1 large eggplant, sliced
1.5fl oz. vegetable oil
1 onion, diced
3 cloves garlic, crushed
5oz. peanut butter, smooth and unsweetened

Servings

4

Person

Preparation Time

10

min

Preparation

- 1 Simmer the meat and salt in a pot of water for an hour. Remove the meat from the water and put to one side
- 2 In the same water boil the beans and eggplant for 10 minutes or until cooked. Remove the vegetables and put the one side, keep the stock
- 3 In a pan sauté the onions and garlic in the oil until brown. Add the meat and sauté for a few minutes
- 4 Transfer the meat back into the stock and add the vegetables. Simmer for 15 minutes
- 5 Add the peanut butter and simmer for an additional 5-10 minutes until the sauce is slightly thickened
- 6 Serve with steamed rice.

Cooks Note

Preparation time: 10 minutes; Cooking time: 1hour 30 minutes; Serves 4
