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by ewfood

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 unsweetended
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