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Pata Kare-Kare (Pinoy Pork Leg Stew)

Ingredients

1200g or 1.2kg pata (pork leg) - cut up in big pieces
4 cloves garlic - crushed
2 tbsp patis (Filipino fish sauce)
2 packets Quick 'n Easy Kare-Kare Mix (store bought)
150g eggplant - sliced
150g banana heart - trimmed and sliced
100g sitaw (Filipino string beans) - cut long
100g pechay (Chinese white cabbage) - chopped
Salt and pepper to taste

Preparation

- 1 Marinate the pork leg pieces with crushed garlic and the fish sauce.
- 2 Then everything boil together in water for 5 minutes.
- 3 Season with little salt and pepper.
- 4 Drain and discard the cooked broth.
- 5 Add 3 cups water to the pork leg pieces.
- 6 Allow it to simmer on the stove till the meat cooks completely and is tender.
- 7 Retain only 1 1/2 cups broth in pan.
- 8 Then add the Kare-Kare Mix and vegetables - except the Chinese white cabbage.
- 9 Simmer until vegetables are cooked.
- 10 Now add the Chinese white cabbage and let it simmer.
- 11 Serve with sautéed Baggong Alamang.
- 12 Perfect during winter season.

Cooks Note
