



CAFE THOMPSON RECIPE

BEEF MECHADO

Beef Mechado is a Filipino-style tomato-braised beef stew. This Spanish-influenced dish is slowly cooked over a long period to make the meat tender, juicy, and flavorful that melts in your mouth. This classic Filipino stew is hearty and perfect for family dinners or special occasions.

SERVES 6

INGREDIENTS

- 3 tablespoons cooking oil
- 3 cloves garlic, crushed
- 1 piece large onion, sliced
- 3 pounds beef chuck, cubed
- 8 ounces tomato sauce
- 1 cup water
- 1/4 cup soy sauce
- 1/2 teaspoon ground black pepper
- 1 slice lemon with rind
- 2 pieces bay leaves laurel
- Salt to taste
- 1 piece large potato, sliced

DIRECTIONS

Heat cooking oil in a pan, then sauté the garlic and onion.

Put in the beef and sauté for about 3 minutes or until color turns light brown.

Add the tomato sauce and water, then simmer until the meat is tender. Add water as needed. Note: This can take 60 to 120 minutes, depending on the quality of the beef.

Add the soy sauce, ground black pepper, lemon rind, laurel leaves and salt, then simmer until excess liquid evaporates

Put in the potato and cook until soft.

Side dish

Steamed Rice

