

Kaldereta (or Caldereta) Recipe Goat Meat, Lamb or Beef Stew Recipe

Peter Chua
(Ben's brother-in-law from CA)

Servings: 10

2 lbs goat, lamb or beef (cut in approx. 1" cubes)
2 cups chopped (or canned) tomatoes
2 cups potatoes (stew portions cut, 1" sides)
2 cups carrots (stew portions cut)
1 cup red bell pepper (stew portions cut)
1 cup green bell pepper (stew portions cut)

1 cup green peas
1 cup dry red wine
1/2 tbsp black pepper corn
3+2 tbsp vegetable oil
1 cup stuffed green olives
2 cups onions (stew portions cut)

Marinade Mix:

2 tbsp	Worcestershire sauce
2 tbsp	cooking sherry
1 tsp	fresh ground pepper
1 tsp	salt
2 cloves	garlic, crushed
2 pcs	bay leaves
1 pack (or 1 cube)	Mama Sita's Caldereta Mix chicken boullion)

Marinate meat by adding pepper, salt and then garlic to meat for 10 minutes before adding the liquids (Worcestershire sauce and sherry). Add bay leaves to mix and marinate for 2 hours or overnight (especially for lamb and goat meat).

Open a bottle of red wine and start drinking...

Remove crushed garlic and bay leave pieces from marinade. In the stewing pot, heat 3 tbsp vegetable oil and throw in garlic pieces, and then brown meat. Remove meat (and gravy) from pot when browned and let it cool. Using same pot, heat 2 tbsp of oil and then stir fry onions, potatoes and carrots. Add water to level of vegetables and let it simmer. At this point, throw in chopped tomatoes, pepper corns, (used) bay leaves and spices (boullion or mix). Again, simmer before adding in wine, browned meat (and gravy), bell peppers, peas and olives.

Stew in low heat for at least half an hour with beef (and up to an hour if with goat meat or lamb). If made with boullion cube, add corn starch thickener to stew gravy if desired.

Serve with fresh made bread and some big dry red (Australian Syrah, California Cabernet Sauvignon, Italian SuperTuscan or Spanish Rioja) of your choice.

*This stew is dramatically better when served the next day (after a night's cooling in the fridge)