



FILIPINO

Nilagang Baka

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	15 min	2 hr 30 min	Simmer	Brisket

Ingredients

- 1 kg (2¼ lb) beef brisket, cut into 5 cm (2 in) chunks
- 2 litres (8 cups) water
- 1 large onion, quartered
- 1 tbsp whole black peppercorns
- 2 tsp salt, plus more to taste
- 3 potatoes, quartered
- 2 saba bananas (or 1 firm plantain), sliced thickly (optional)
- 1 small head green cabbage, cut into wedges
- 1 bunch pechay (bok choy), halved
- 2 corn cobs, cut into 4 cm (1½ in) pieces
- 2 tbsp fish sauce (patis), plus more to taste
- Calamansi or lime wedges, to serve

Steps

1. Put the brisket in a large pot and cover with water. Bring to a boil over high heat, boil 5 minutes, then drain, rinse the beef and clean the pot to remove the scum.
2. Return the beef to the pot with the 2 litres of fresh water, onion, peppercorns and salt.
3. Bring to a boil, then reduce the heat to low and simmer gently, partly covered, for about 2 hours. Skim foam in the first 15 minutes. The beef should be tender when pierced, with a clear broth.
4. Add the potatoes, corn and bananas and cook 20 minutes, until the potatoes are soft but intact.
5. Add the cabbage and cook 5 minutes, then the pechay for 2 minutes, just until bright green and wilted.
6. Season the broth with fish sauce, tasting as you go, and add more salt if needed.
7. Serve in deep bowls with plenty of broth, with calamansi and fish sauce on the side for dipping the beef.

Notes

- **Other cuts:** beef shank with the bone (the classic choice) gives a richer, more gelatinous broth.
- **Serving:** steamed rice is essential, and a dip of fish sauce with calamansi and chilli is traditional.
- **Make ahead:** make the beef and broth a day early and add the vegetables when reheating. The beef and broth keep 3–4 days, or freeze 3 months without vegetables.
- **Slow cooker:** after the parboil in step 1, cover with just enough water and cook on low 8 hr or high 4–5 hr. Add potatoes and corn for the last 2 hr, greens for the last 10 min.