



FILIPINO

Kare-Kare

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Complex	6	40 min	3 hr 30 min	Braise	Oxtail

Ingredients

- 1.5 kg (3½ lb) oxtail, cut into 5 cm (2 in) pieces
- 2 litres (8 cups) water
- 1 onion, quartered
- 1 tsp whole peppercorns
- 2 tbsp neutral oil
- 1 onion, sliced
- 4 cloves garlic, minced
- 120 g (½ cup) smooth unsweetened peanut butter
- 3 tbsp ground toasted rice (or rice flour toasted in a dry pan until pale gold)
- 1 tbsp annatto (achuate) seeds steeped in 3 tbsp hot water, then strained
- 1 small eggplant, sliced
- 200 g (7 oz) long beans (or green beans), cut in 5 cm (2 in) lengths
- 1 small bunch bok choy, halved
- Fish sauce or salt, to taste
- Bagoong (sautéed shrimp paste; or 1 tbsp fish sauce mixed with 1 tsp brown sugar and a squeeze of lime), to serve

Steps

1. Put the oxtail, water, quartered onion and peppercorns in a large pot. Bring to a boil over high heat and skim the grey foam for about 5 minutes.
2. Reduce to low, cover, and simmer gently for 2½ to 3 hours, until the meat is very tender but still on the bone. Strain, keeping the oxtail and about 1 litre (4 cups) of broth.
3. In a clean pot, heat the oil over medium heat. Cook the sliced onion for 5 minutes until soft, then add the garlic for 1 minute.
4. Stir in the peanut butter, ground rice, annatto liquid and broth. Whisk until smooth.
5. Add the oxtail and braise on low heat, uncovered, for 20 to 30 minutes, stirring often, until the sauce is orange-gold and thick enough to coat a spoon.
6. Add the eggplant and long beans and cook 6 minutes, then the bok choy for 2 minutes, until just tender and still bright.
7. Season with fish sauce or salt. Serve in wide bowls with steamed rice, with bagoong on the side.

Notes

- **Make ahead:** boil the oxtail the day before; the cold broth also lets you lift off excess fat. Freeze the oxtail and sauce 3 months, but cook the vegetables fresh.
- **No annatto?** Use 1 tsp paprika plus a pinch of turmeric for colour.
- **Serving:** the sauce is deliberately mild, so the salty, funky bagoong is what seasons each bite.
- **Slow cooker:** cook step 1 on low 8–9 hr with 1.2 litres (5 cups) water, since little evaporates, then finish the sauce on the stove.

- **Pair with:** atchara (pickled green papaya) or quick-pickled cucumber; its sharpness cuts the richness of the peanut sauce.