



Classic Mechado Recipe

Preparation Time 15 mins.
Cooking Time 4 hrs. and 15 mins.
Serving Size 8

Ingredients:

FOR THE MARINADE

- 3 Tbsp soy sauce
- 4 cloves garlic, crushed
- 1 Tbsp DEL MONTE Red Cane Vinegar (47cl)
- 1/2 tsp peppercorn

- 1 kg beef, round
- 200 g pork fat, cut into 3-inch long strips
- 3 Tbsp oil, for frying
- 5 pcs sibuyas Tagalog/shallots, each piece cut into 2
- 1 pc bay leaf/laurel leaf
- 2 pouches DEL MONTE Original Style Tomato Sauce (200g)
- 1 cup water
- 1/3 cup bell pepper, red, cut into strips
- 2 cups potato, cut into chunks, and then fried

Preparation:

1. Mix all the ingredients for the marinade.
2. Make a hole at the center of the meat. It should be deep enough to insert the pork fat. Marinate in the chiller for 30 minutes.
3. Drain the meat but reserve the marinade. Set aside.
4. Insert pork fat in the hole, making sure to have 1-2 inch overhang on both ends of the meat.
5. Sauté garlic from the marinade, then add the sibuyas Tagalog. Sauté for 2 minutes. Set aside. In the same pan, fry the meat until brown on all sides. Put back garlic, sibuyas tagalog, and then add laurel, DEL MONTE Original Style Tomato Sauce, and marinade. Cover and simmer for 5 minutes.
6. Add water. Cover and simmer until tender, stirring occasionally (adding more water if needed).
7. Add bell peppers and fried potatoes. Simmer for 5 minutes.
8. Slice meat crosswise. Arrange on a platter. Pour sauce and vegetables on top.

Chef's Tip:

When cooking the mechado, turn the meat every 30 minutes to make sure it tenderizes on all sides.

Lusog Notes:

This classic dish contains iron needed for making red blood cells that carry oxygen around the body. It

also has vitamin A that helps resist infections and maintains healthy skin.

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