

Menudo Recipe

(Filipino Recipe)

Ingredients: Serves 6

500 g pork, cut into cubes about 5cm
2 teaspoons annatto seeds*
1 tablespoon oil
1 tablespoon crushed garlic
1 onion, peeled and finely chopped
2 tomatoes, sliced
3 potatoes, peeled and diced
200 g pork liver
2 teaspoons salt
½ teaspoon ground black pepper

Method:

Heat oil until hot and fry annatto seeds over low heat for 1 minute, cover pan as seeds tend to spatter and jump. Remove seeds with a slotted spoon and discard. In the red oil fry the garlic and onion until transparent and aromatic. Add tomatoes and cook until soft and pulpy. Add pork to pan, cover and bring to the boil. Reduce the heat and simmer until pork is tender. Add potatoes and a little water or stock if there is very little liquid in the pan. Simmer until potatoes are cooked. Meanwhile, cut liver very finely and add to pan when potatoes are cooked. Season and bring back to the boil. Serve hot.

***Annatto Seeds** - also called "achuete". These are small red seeds for coloring and flavoring Filipino food. Substitute paprika powder and turmeric powder in given amounts but have to be careful not to overdo it because the color is much redder (annatto seeds give an orange color).