

## **Rich Beef Stew Recipe (Caldereta)**

### **Ingredients:**

60 ml olive oil  
1 kg stewing beef, cut into chunks  
1 medium onion, sliced lengthwise  
1½ liters water  
500 g pork liver  
2 chorizo sausages, sliced diagonally into 2½-cm pieces  
1½ heads garlic, cloves peeled and chopped  
330 ml canned tomato sauce  
80 ml white vinegar  
240 g grated Cheddar cheese  
2 tablespoons white granulated sugar  
Salt and pepper to taste  
2 medium potatoes, peeled and quartered  
2 medium carrots, sliced into 2½-cm rounds  
1 red capsicum, sliced lengthwise in 2½-cm slices  
200 g green peas  
100 g sliced green or black olives

### **Method:**

In a large casserole, heat 2 tablespoons of the olive oil and brown beef on all sides. Transfer beef and olive oil to a stockpot. Add the onion to the beef and pour in water. Bring to the boil, then lower the heat and simmer. Meanwhile, grill pork liver until it is half cooked, about 5 to 10 minutes. Chop finely. In a large saucepan, heat remaining oil and sauté the chorizo until firm, about 2 minutes per side. Remove from pan and set aside. In same oil sauté garlic until fragrant. Stir in the chopped liver, tomato sauce and vinegar. Add the cheese, sugar, salt and pepper. Mix well and simmer 5 minutes, stirring occasionally, until mixture is smooth. Pour this liver and cheese mixture into the simmering beef in the casserole. Stir to combine mixture well with the liquid. Allow beef to continue simmering for about 30 minutes. Add potatoes and carrots and simmer until beef, potatoes and carrots are tender and sauce has thickened, about 30 more minutes. Stir in cooked chorizo, capsicum, green peas and olives. Heat through. Serve with rice.