Filipino Style Shrimp & Vegetable Stew





Sirve:

12 servings

Pieza:

Complete Gourmet Collection - 8.5 Qt. Roaster
Valora:
Agregar un Comentario

Descripción de la Receta:

This one-pot stew, known as Pinakbet is a simple vegetable stew dish flavored with shrimp paste. Pinakbet is often made with just vegetables or with an addition of pork and/or shrimp. Traditionally bitter melon is often included in this dish. If it is available feel free to include it, but it will be delicious without it as well.

2 lbs
shrimp, medium sized 21-25, peeled and deveined
(1
kg)
3 cloves
garlic, shredded, use Cone #1
1 large
onion, strung, use Cone #2
3 large
tomatoes, fresh, cut into medium sized chunks
⅓ cup
shrimp paste
(85
g)
2 lbs
Kalabasa, butternut or acorn squash, peeled, deseeded and cut into medium sized chunks
(1
kg)
2 lbs
eggplant, peeled and cut into medium sized chunks
(1
kg)
lb

1 ½ string beans, trimmed and cut into 2" pieces (675 g)
4 cups water or shrimp stock (1 l)
fresh ground pepper and salt to taste

Preparación :

1. Preheat roaster over medium heat for 4-5 minutes until a sprinkle of water skitters and dissipates.
2. Sauté shrimp for 3-4 minutes until they begin to turn pink. Turn shrimp over to cook both sides. The shrimp will be slightly under-cooked but will finish cooking when you add them back into the stew later.
3. Remove shrimp and any remaining liquid from roaster and place in a clean bowl, set aside.
4. Sauté garlic and onion for 5-6 minutes or until slightly translucent. Add tomato and ground pepper, stir, cover roaster and cook for 3 minutes.
5. Remove lid from roaster, add shrimp paste and sauté for 2-3 minutes.
6. Add water or stock and squash, cover and cook for 8 minutes.
7. Add eggplant and green beans, stir to combine and cover. When Vapo-Valve™ begins to click steadily, turn heat down to low and cook for 10-15 minutes until vegetables are tender crisp, not mushy.
8. Add shrimp back into the roaster, stir to combine, taste and adjust seasonings as needed.

Tips

Consejos:

- Other traditional ingredients are often included in Pinakbet
- Add ½ pound of pork belly cut into small pieces, sauté with onions and garlic.
- Add fresh okra
- Bitter melon which adds a distinctive bitter flavor but is often only available in Asian markets
- If shrimp paste is not available, substitute for a good quality fish sauce to taste.
- Serve stew with steamed rice

Información nutricional por ración

Calorías: 123
Grasa Total: 4g
Grasa Saturada: 0g
Colesterol: 239mg
Sodio: 249mg
Carbohidratos: 19g
Fibra Dietética: 3g
Azúcar: 3g
Proteína: 4g