



“Sos Bef ak Kalalou” Beef Stew with Okra

Ingredients:

2 - 2 1/2 lbs. of Boneless Beef Shoulder Pot Roast OR Beef Stew Meat	
1/4 cup Juice of Sour Orange	1 Maggie Chicken Boullion Cube
3 tbsps. Epis	1 tsp. Goya Adobo
2 - 3 sprigs of Thyme	5 - 7 Cloves
1 - 2 cups fresh Okra	1 Onion, sliced
Salt	Water

Directions:

1. If you're using beef shoulder roast, trim off excess fat around the edges then cut meat into about 1 1/2 inch cubes. Clean the meat. If using stew beef, then you can clean it directly.
2. In a small bowl, add 1/4 a cup of juice squeezed from a sour orange and 1 Maggie chicken bouillon cube then microwave it for 30 seconds. Crush the cube to get it to dissolve in the liquid. If desired, the Maggie cubes can be crushed directly onto the meat in the next step with the sour orange.
3. Pour the juice on the meat along with 3 tbsps. of epis, a couple sprigs of time, 5 - 7 cloves (jirof) and 1 tsp. of Adobo. Mix the contents thoroughly to fully distribute. Refrigerate the marinated meat for at least 30 minutes or overnight.
4. After marinating, transfer the meat into a pot with all the marinade liquid. Turn the heat on to high. Place the lid on the pot and let it boil for about 10 minutes. The meat will produce a lot of its own juices. After 10 minutes, stir contents and continue to let it boil with the lid covered until the liquid runs dry. This may take approximately another 10 minutes. Once the liquid has fully evaporated, sauté the meat for about 3 - 5 minutes in the oil it has rendered.
5. Add 2 cups of water (enough to cover the meat) and return to a boil. Replace lid and let it boil until the liquid runs dry once again, about another 10 - 15 minutes or so. When the water runs dry for a second time, add in another 2 cups and let it continue to boil. Repeat this step until the meat is fully cooked and tender, approximately an hour (can be a little less or a little more time). By the time the meat is tender, there should still be some liquid left, not fully covering the meat but at least 1/2 way. If not, add in a little more water and let it boil for at least 5 minutes before proceeding to the next step.
6. Meanwhile, as the beef cooks, prepare the okra to set aside. Wash the okra and cut off both ends. Then, cut them into 1/2 inch pieces. You should have anywhere from 1 - 2 cups of okra. In addition, prepare 1 sliced onion and set that aside.
7. Remove the meat with a slotted spoon and set it aside. Strain the sauce with a fine wire mesh strainer and set the sauce aside.
8. In the same pot, add about 1/4 cup of the strained liquid and 2 tbsps. of tomato paste. Sauté on medium heat for about 2 minutes until it combines, the liquid dries, and the tomato paste starts to slightly darken. Add in a little more liquid at a time while stirring frequently until all the sauce has been added.
9. Add in the okra and about 1 1/2 - 2 1/2 cups of water, depending on how much sauce you want to make. Let it come to a boil. Add salt to taste.
10. Let the okra boil for about 5 minutes before adding the meat back to the pot. Then, cook for another 5 minutes or until the okra reaches your desired tenderness. Once complete, top it off with 1 sliced onion and turn off the heat. The onions will cook down a bit from the residual heat but still retain a slight crunch. If you prefer the onions to cook down more, then boil in the sauce for a couple minutes before turning off the heat. Afterwards, your sauce is ready to be served.