



BEEF ADOBO



Ingredients

- 2 lbs stew beef (see Tips)
- 2 tbsp animal fat or olive oil
- ½ cup red wine vinegar
- ½ cup broth or stock
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1 can (or 1½ cups) coconut milk

Instructions

1. Brown cubed meat in animal fat or olive oil.
2. Add red wine vinegar, broth (or water), garlic, and ginger.
3. Simmer for 1 hour, or until the meat is tender and the liquid has reduced.
4. Stir in coconut milk and heat through until the sauce thickens.
5. Serve with rice (see Notes).

Tips & Variations

- You can substitute the beef with lamb, moose, or other wild game, such as venison or bison, for a unique flavour profile.
- Use leftover bacon fat, tallow, or olive oil to brown the meat.
- For added nutrients, flavour, and richness, cook the rice in a savoury brown broth or use a 50/50 mix of water and coconut milk.
- For tougher cuts of meat, placing the meat in a vinegar or wine marinade for an hour will soften the meat considerably.

