



FILIPINO

Bulalo

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	20 min	3 hr 30 min	Simmer	Shank

Ingredients

- 1.5 kg (3½ lb) cross-cut beef shank with marrow bones, 5 cm (2 in) thick
 - 2.5 litres (10 cups) water
 - 1 large onion, quartered
 - 1 tbsp whole black peppercorns
 - 1 tbsp salt, plus more to taste
 - 2 tbsp fish sauce, plus more to taste
 - 2 corn cobs, each cut into 3 pieces
 - 2 medium potatoes, quartered (optional)
 - 1 small head napa cabbage or 1 bunch bok choy, leaves separated
 - 1 bunch green beans, trimmed (optional)
- TO SERVE**
- Steamed rice
 - Fish sauce with calamansi juice (or lime) and sliced chillies, as a dip

Steps

1. Put the shank in a large pot, cover with cold water and bring to a boil over high heat. Boil for 5 minutes, until grey scum rises.
2. Drain, rinse the meat and pot, and return the meat to the pot with the 2.5 litres of fresh water. This keeps the broth clear.
3. Add the onion, peppercorns and salt. Bring to a boil, then reduce to the lowest heat so the surface barely shivers.
4. Simmer partly covered for 3 hours, skimming now and then, until the meat is very tender and pulling from the bone.
5. Add the fish sauce, corn and potatoes. Simmer for 20 minutes, until the potatoes are tender.
6. Add the green beans and cook for 4 minutes. Taste the broth and adjust with salt or fish sauce.
7. Push in the cabbage and cook for 2 minutes, until just wilted and still bright.
8. Ladle into deep bowls, giving everyone meat, a marrow bone and plenty of vegetables. Serve with rice and the dipping sauce.

Notes

- **Clear broth:** the initial boil-and-rinse step is what gives bulalo its clean look; do not skip it, and never let the pot boil hard afterwards.
- **Marrow:** scoop it out and stir it into the rice with a little dip.
- **Pressure cooker:** cook the blanched shank for 50 minutes at high pressure, then add the vegetables on the stove.
- **Freezer:** freeze the meat and broth, without vegetables, for 3 months. Thaw overnight in the fridge and add fresh vegetables when reheating.