

**Vegan Filipino Kaldereta**  
**Recipe by RG Enriquez-Diez, Astig Vegan**  
<http://www.astigvegan.com/>

Kaldereta:

Kaldereta is a spicy Filipino stew with meat and potatoes cooked in tomato sauce, liver spread, cheese, and chili pepper. RG of Astig Vegan will show the vegan version of this incredibly meaty dish without losing its traditional essence.

**Ingredients**

- Cooking oil
- 1 pound firm tofu, cut into big cubes (best if frozen first then thawed) (you can also use your preferred meat alternative)
- 1-2 medium potatoes, peeled, cut into big chunks
- 1 large carrot, peeled, cut into big chunks
- 5-6 garlic cloves, peeled, crushed, and minced
- 2 medium yellow onions, peeled and chopped
- Few pinches of sea salt
- 1 red bell pepper, deseeded, cut into chunks
- 4-5 pieces dried bay leaves
- 2-3 chili pepper or siling labuyo, thinly sliced (or more for extra kick)
- 1 ½ cup tomato sauce
- ¼ cup coconut milk (preferably canned for a mild coconut taste)
- 3 tablespoons mushroom broth powder or vegan beef broth, plus more to taste
- 1 tablespoon capers
- ¼ cup green peas
- ¼ cup sliced green olives

BIO:

Richgail “RG” Enriquez-Diez is the author of the best-selling cookbook, “Filipino Vegan.” She also runs and provides content for her global brand, “Astig Vegan,” where she

teaches recipes, advice, and tips on transitioning to a vegan lifestyle without sacrificing being Filipino. Her works have been featured on CNN Philippines, ABS-CBN, GMA TV, and TV5, and in the international press, including VegNews, Live Kindly, San Francisco Chronicle, and Bon Appetit. You can learn more about her on [astigvegan.com](http://astigvegan.com) and her social media under Astig Vegan.

#### INSTRUCTIONS:

1. Heat a medium pot over medium heat and pour enough oil to cover the bottom of the pot.
2. Once the oil is hot, fry the tofu (or preferred meat alternative) until golden on all sides. Mix in the potatoes and carrots and fry until the potatoes and carrots can be pierced with a fork.
3. Turn down the heat and mix in the garlic and cook until golden. Mix in the onions and a few pinches of salt. Cook until the onions have softened.
4. Mix in the bell peppers, bay leaves, and chili pepper. Cook for another minute.
5. Add the tomato sauce, coconut milk, mushroom broth, and capers. Mix well.
6. Cover and cook for 5 minutes or until all flavors blend well. Mix occasionally to ensure nothing will stick to the bottom of the pot.
7. Mix in the peas and olives. Adjust seasoning to taste. If you would like it more savory, add more salt and mushroom broth.
8. Put to a gentle boil, then turn off the heat. Best served with a side of rice.

**Cooking demonstration with Menlo Park Library**

**May 10, 2023**

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