

CELEBRATING INTERNATIONAL WOMEN'S DAY



Women in hospitality



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The Village of Erin Meadows

14 at
YEARS | Schlegel
Villages

14 YEARS
in hospitality

What makes you proud to work in hospitality?

Supporting and uplifting other women in the industry while being able to seek leadership opportunities and prioritize work/life balance.

What's your advice for women who aspire to work in hospitality?

Be confident, proactive in your learning and resilient in overcoming challenges. Build strong networks and support other women in the industry.

Kapampangan Kare-Kare (Kari-Kari)

A staple at fiestas and special occasions, this dish highlights Pampanga's status as the culinary heart of the Philippines, where classic dishes are continuously refined to perfection.

Ingredients

Stew

- 1 kg oxtail (cut into 2-inch pieces) or a mix of beef tripe and pork knuckles
- 1 cup peanuts (ground) or 1½ cup peanut butter
- ¼ cup toasted rice powder (Kapampangan style)
- 1 tbsp atsüete (annatto seeds) in 1½ cup warm water (for natural orange color)
- 1 onion, chopped
- 5 cloves garlic, minced
- 6 cups water (or beef broth for richer flavour)
- 2 tbsp fish sauce (patis) or salt, to taste
- ½ tsp ground black pepper
- 2 tbsp cooking oil

Vegetables

- 1 bundle string beans (sitaw), cut into 2-inch pieces
- 1 banana heart (puso ng saging), sliced and soaked in water
- 2 eggplants, sliced
- 1 bundle pechay (or bok choy)



Side dish

- 1 cup bagoong alamang (fermented shrimp paste), with onions and garlic



Serve

Transfer to a serving dish and enjoy hot with steamed rice. For an added flavor boost, always pair it with bagoong alamang on the side.

Directions



Prepare the meat

1. In a large pot, boil the oxtail, beef tripe, or pork knuckles in water until tender (about 2-3 hours or 30 minutes in a pressure cooker). Skim off excess fat and set aside the broth.

Prepare the sauce

2. In a separate pan, toast the rice grains until golden brown, then grind them into a fine powder (or use store-bought toasted rice powder).
3. Soak atsüete seeds in warm water for a few minutes, then strain the coloured water.

Cook the Kare-Kare base

4. Heat oil in a pot and sauté onions and garlic until fragrant.
5. Add the boiled meat and stir in fish sauce and black pepper.
6. Pour in the reserved beef broth, bring to a simmer.
7. Stir in peanut butter (or ground peanuts) and atsüete water.
8. Slowly add the toasted rice powder to thicken the sauce. Simmer until smooth and combined.
9. Add string beans, banana heart, and eggplants and cook until tender.
10. Add pechay and simmer for another 2 minutes.

