

Filipino Style Shrimp & Vegetable Stew



Makes:

12 servings

Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster

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Recipe Description:

This one-pot stew, known as Pinakbet is a simple vegetable stew dish flavored with shrimp paste. Pinakbet is often made with just vegetables or with an addition of pork and/or shrimp. Traditionally bitter melon is often included in this dish. If it is available feel free to include it, but it will be delicious without it as well.

2

lbs

shrimp, medium sized 21-25, peeled and deveined

(1

kg)

3

cloves
 garlic, shredded, use Cone #1
 1
 large
 onion, strung, use Cone #2
 3
 large
 tomatoes, fresh, cut into medium sized chunks
 1³
 cup
 shrimp paste
 (85
 g)
 2
 lbs
 Kalabasa, butternut or acorn squash, peeled, deseeded and cut
 into medium sized chunks
 (1
 kg)
 2
 lbs
 eggplant, peeled and cut into medium sized chunks
 (1
 kg)
 1¹?²
 lb
 string beans, trimmed and cut into 2" pieces
 (675
 g)
 4
 cups
 water or shrimp stock
 (1
 l)
 fresh ground pepper and salt to taste

Directions:

1. Preheat roaster over medium heat for 4-5 minutes until a sprinkle of water skitters and dissipates.
2. Sauté shrimp for 3-4 minutes until they begin to turn pink. Turn shrimp over to cook both sides. The shrimp will be slightly under-cooked but will finish cooking when you add them back into the stew later.
3. Remove shrimp and any remaining liquid from roaster and place in a clean bowl, set aside.
4. Sauté garlic and onion for 5-6 minutes or until slightly translucent. Add tomato and ground pepper, stir, cover roaster and cook for 3 minutes.
5. Remove lid from roaster, add shrimp paste and sauté for 2-3

minutes.

6. Add water or stock and squash, cover and cook for 8 minutes.
7. Add eggplant and green beans, stir to combine and cover. When Vapo-Valve? begins to click steadily, turn heat down to low and cook for 10-15 minutes until vegetables are tender crisp, not mushy.
8. Add shrimp back into the roaster, stir to combine, taste and adjust seasonings as needed.

Tips

Tips:

- Other traditional ingredients are often included in Pinakbet
- Add ½ pound of pork belly cut into small pieces, sauté with onions and garlic.
- Add fresh okra
- Bitter melon which adds a distinctive bitter flavor but is often only available in Asian markets
- If shrimp paste is not available, substitute for a good quality fish sauce to taste.
- Serve stew with steamed rice

Nutritional Information per Serving

Calories:

123

Total Fat:

4g

Saturated Fat:

0g

Cholesterol:

239mg

Sodium:

249mg

Total Carbs:

19g

Dietary Fiber:

3g

Sugar:

3g

Protein:

4g