

## Filipino Style Shrimp & Vegetable Stew



### Makes:

12 servings

### Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster

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### Recipe:

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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  
 $\frac{1}{3}$  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)

1 ½ 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** 19g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 3g  
**Protein:** 4g