Menu – Chicken Caldereta

This specially prepared viand offers a combination of sweet, sour, and hot and spicy taste that it is always good to it with rice, mashed potatoes, pasta, bread or other carbohydrate-rich food. The ingredients are very simple and can be bought to any nearest and/or small grocery shops. It just needs chicken (chopped into small pieces), potatoes (also in small pieces), bell pepper or capsicum, liver spread, tomato sauce, chili and/or pepper and some peanut butter, soy sauce and oil.

The chicken should be cleaned properly first before having it boiled in a cooking pan (with only a few amount of water). The purpose of boiling it is just to soften the chicken parts so that when all the other spices are mixed, the taste will go thru the very insides of the chicken parts. After the chicken, potatoes will be added. After which all of the taste-producing ingredients like the tomato sauce, hot chili or pepper, and tomato sauce will be added to the pan. When everything is already boiling, liver spread followed by a small portion of peanut butter will be added. The last to be added (which will happen if everything is already soft and chewable form) should be the bell pepper.

Chefs who are used to cooking caldereta have no specific requirements regarding the amounts of the recipes needed. It should be taken into consideration that when mixing all the spices, there should be a balance between the menu’s sweetness, saltiness, and spiciness. However, some people would prefer having caldereta with which it’s hot or spiciness dominates the other taste. Hence, it can be safely assumed that as it is suggested that a balance of every spice is needed, it will always be the cook or the eater’s prerogative to prepare caldereta with a one or two domineering taste, like being evidently sour or hot.

It should be noted that tomato sauce is of dual purpose for this specific menu. First, it adds the combination of sweet and sour taste for the menu. Secondly, it provides a mouth-watering color for the menu. With its brightly red color combined with the other colors produced by the rest of the recipe resulted to an appetizing viand.

The capsicum or most commonly known as bell pepper also serve a dual purpose for this menu. When sliced and added as the last ingredient, this provides the smell of spiciness and a delicious after taste for this menu. At the same time, bell pepper (because it can be in red, green, yellow or orange) also adds color thus a significant aesthetic value for the menu.

As stated above, this viand can go perfectly well with carbohydrate rich menu like pasta, rice potatoes and even bread. This is perfect when served hot during lunch and/or dinner times. An orange juice or diet soft drinks plus sweet salads as desert is sure to create an unforgettable dining experience. This menu will surely become famous in countries where people are used to hot and spicy delicacies. China, India, Cambodia and in the Philippines, this food is sure to capture the taste buds of the majority of the populace – young and old, male or female, poor to average income earners to the filthy rich ones.

Indeed, chicken caldereta combined with other dishes (e.g. rice and deserts) is the ideal menu for authentic delicacy lovers. Try it to believe!