FILIPINO · DINNER · LUNCH

Beef Salpicao (Filipino Garlic Butter Beef)

45 min · Serves 6 · 389 kcal a serve · Video 5:26 · Panlasang Pinoy

No nuts listed

Tender beef seared in garlic oil and finished with butter: about 23 g protein and 6 g net carbs a serve, 69% of the energy from fat, and rich in vitamin B12, selenium and zinc.

Diet notes: Keto (5.8 g net carbs a serve); Paleo with a swap: coconut aminos instead of the oyster sauce, coconut aminos instead of the worcestershire sauce, ghee instead of the butter; Gluten-free with a swap: Worcestershire and oyster sauce usually contain wheat; use gluten-free versions.

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Ingredients 9 · SERVES 6

- [ ] 1½ lb **beef tenderloin**, cut into cubes
- [ ] 1 whole head **garlic**, crushed
- [ ] ¼ cup **olive oil**
- [ ] 1 tsp **salt**
- [ ] ½ tsp **ground black pepper**
- [ ] 5 tbsp **Worcestershire sauce**, divided
- [ ] 2 tbsp **oyster sauce**
- [ ] 3 tbsp **butter**, cut into 4 pieces
- [ ] chopped **parsley**, about 2 tbsp (optional)

Allergens found in the listed ingredients: Gluten, Molluscs, Fish, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Crush the whole head of garlic in a mortar. Put it in a wok with the olive oil, then heat gently so the garlic cooks slowly, stirring, until golden brown. Lift out the garlic and pour the garlic oil into a separate bowl to cool. 0:38
2. Season the beef cubes with the salt and pepper, pour over the cooled garlic oil and add part of the Worcestershire sauce. Mix well and leave for 10 minutes. 2:20
3. Heat a clean wok until very hot and sear the beef with its marinade (no extra oil needed), tossing so all sides brown. Keep cooking about 10 minutes as the beef releases its juices. 3:08
4. Add the rest of the Worcestershire sauce, the oyster sauce and one piece of the butter, and cook until the liquid reduces by half. 3:42
5. Add the remaining butter and cook until it melts and the liquid has evaporated. Stir in the toasted garlic and the parsley and serve. 4:13

> **Tip** The cook serves it with warm rice; for keto, have it with a green salad or sautéed greens. Sirloin also works — tender cuts cook quickly; tougher cuts would need much longer.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
389 kcal	23 g	6.1 g	0.3 g	30 g	740 mg
1,630 kJ	46% of a day	5.8 g net · 1.5 g sugars	1% of a day	11 g saturated	32% of a day
		2% of a day		39% of a day	

Energy from net carbs 6% · protein 24% · fat 70% — fits keto: 5.8 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin B12 63% · Selenium 46% · Zinc 38% · Vitamin B6 32% · Vitamin K 25%

Source of (10–19%) Iron 14% · Omega-3 14% · Vitamin E 13%

Recipe and video: Panlasang Pinoy (@panlasangpinoy) on YouTube — youtube.com/watch?v=SEAy-Jwtk7Y, published 3 September 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/filipino-beef-salpicao-garlic-butter