

TINAKTAK

The word tinaktak, pronounced tee-nack-tack, is based of the word taktak, pronounced tawk-tack. Taktak means to chop, mince, or pound into little pieces. This version of tinaktak uses ground beef, but you may also endeavor to mince or chop a slab of beef. Whichever meat you choose, tinaktak is always made with coconut milk. Generally, local Guam veggies are used, but you may substitute your favorites.

INGREDIENTS

Set 1

1 lb. or 16 oz. ground beef, 73/27 or 80/20 fat, or mince meat

Set 2

2 T. vegetable oil

½ cup diced onions

2 cloves of garlic

Set 3

1 – 14.5 oz. can of reduced sodium, fat-free beef broth

1 ¼ tsp. salt

1 cup of canned, sweet corn, drained

Set 4

1 – 13.5 oz. can of thick coconut milk

1 tbsp. freshly squeezed lemon juice

Tools: *non-stick medium pot, pan spray, colander, trivet*

DIRECTIONS

1. Coat the non-stick pot with pan spray and heat on medium.
2. Cook the ground beef until it is well done, chopping up the meat into fine crumbles as you cook it.
3. Pour the beef into a colander then set the pot on a trivet for a moment. Rinse the meat under hot running water for a few seconds, giving the colander a quick toss and turn.
4. Drain in the sink then set aside.
5. Place the pot back on the stove, just under medium heat. Add 2 tablespoons of oil to the pot.
6. Add the onions and sautee until onions are translucent.
7. Add the garlic and stir to soften for another minute.
8. Add the cooked ground beef, broth, and salt. Stir. Bring to a simmer.
9. Add the corn and stir.
10. Reduce the heat to medium-low then pour in the coconut milk and lemon juice. Stir.
11. Continue heating and stirring without bringing the mixture to a boil.
12. Once the coconut milk is completely incorporated, turn the heat off.

13. Enjoy over hot white rice.

Recipe courtesy Paula Quinene of www.PaulaQ.com