

## Filipino Beef Steak (Bistek Tagalog) - Tender, Bold, and Bursting with Flavor

This dish is nostalgic, hearty, and full of punchy flavor. What makes



**TIME**  
**30 min**

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### INGREDIENTS

2 lbs sirloin or flank steak, sliced thinly  
1/4 cup soy sauce  
1/4 cup lemon juice (or calamansi juice if available)  
6 garlic cloves, minced  
1 sweet onion, sliced  
1/2 teaspoon ground black pepper  
1 teaspoon sugar  
1/4 cup oil (for searing)  
1 cup water  
Salt, to taste  
1 onion, sliced into rings (raw or lightly sautéed)

### DIRECTIONS

- 1. Marinate the Beef:** In a large bowl, combine the beef slices with soy sauce, lemon juice, garlic, sugar, and black pepper. Mix well and let it marinate for at least 30 minutes (or overnight in the fridge for deeper flavor).
- 2. Sear the Beef:** Heat oil in a pan over high heat. Remove beef from the marinade (reserve the liquid!) and sear in batches for about 3-5 minutes per side until browned. Set the cooked beef aside and retain the pan juices.
- 3. Sauté the Aromatics:** In the same pan, add a little more oil if needed. Sauté the sliced onions and garlic until fragrant and softened, about 3 minutes.
- 4. Simmer with Sauce:** Return the beef to the pan. Pour in the reserved marinade and meat juices. Add 1 cup of water. Bring to a boil.
- 5. Slow Cook Until Tender:** Lower the heat, cover the pan, and simmer for 35-45 minutes, or until the beef is fork-tender and the sauce is reduced by half. Taste and season with salt if needed.
- 6. Garnish and Serve:** Garnish with raw or sautéed onion rings and a final crack of pepper. Serve hot over steamed rice.

### SWAPS & NOTES

**& Swaps Lemon Juice vs Calamansi :** Authentic Bistek often uses calamansi , a native Filipino citrus fruit.

**Beef Cuts :** Sirloin, flank, or even chuck steak can be used - just make sure to slice thinly against the grain.

**Onions :** Use sweet onions for a gentler flavor or red onions for a sharper bite.

**Sugar :** A small amount balances out the acidity and saltiness.

## TIPS FOR SUCCESS

**Slice Against the Grain** : This keeps the beef tender and easier to chew.

**Marinate Longer for Depth** : Overnight marination infuses even more flavor.

**Use a Wide Pan** : Searing in batches prevents overcrowding and ensures a good crust.

**Simmer uncovered** for the last 10 minutes to reduce and thicken.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/filipino-beef-steak-bistek-tagalog-tender-bold-and-bursting-with-flavor/>