

Ropa Vieja (Cuban Flank Steak)

Serves 10, 309 calories each

This beef dish combines Caribbean spices that mix well with mild flavor of polenta (see recipe). The beef should be made a day ahead.



Ingredients:

- 1/2 tsp. cumin seeds
- 1/2 tsp. coriander seeds
- 2 whole cloves
- 3 Tbsp. vegetable oil (divided)
- 2 lb. flank steak
- 1 tsp. kosher salt (divided)
- 1/2 tsp. black pepper
- 2 medium onions (2 1/2 cups sliced)
- 1 tsp. dried oregano
- 1/4 cup minced garlic
- 4 bell peppers, any color (6 cups sliced)
- 2 Tbsp. tomato paste
- 1 tsp. smoked paprika
- 1/2 tsp. red pepper flakes
- 1/2 tsp. ground Allspice
- 1 cup red wine
- 1 cup pimento-stuffed olives
- 2 bay leaves
- 28 oz. crushed tomatoes
- 1/4 cup apple cider vinegar
- 5 dried apricots

Equipment:

- Shallow sauté pan
- Spice grinder
- Large Dutch Oven

Ropa Vieja with Polenta

☑	Directions	Time
	Cut flank steak into four pieces	1
	Slice 2 medium onions, Mince 1/4 cup garlic	3
	Slice 6 cups of bell peppers	3
	Chop 5 dried apricots	2
	In a small pan, toast the spices sequentially; 1/2 t cumin seeds, 1/2 t coriander seeds, 3 whole cloves	2
	Allow spices to cool and then grind in a coffee mill	2
	In a large Dutch Oven, heat 2 Tbsp. oil to shimmering. Rub steak with Kosher salt and pepper.	2
	Add 2 lb. flank steak and brown on both sides	10
	Remove steak to a plate. Reduce heat to medium.	1
	Add 1 Tbsp. oil and Sauté onions	1
	Add a pinch of Kosher salt. Sauté until slightly brown	10
	Stir in 1 tsp. dried oregano and cook	3
	Add 1/4 cup minced garlic and stir	1/2
	Add 6 cups bell peppers, and stir	2
	Add ground spices and 1 tsp. kosher salt and stir	5
	Add 2 Tbsp. tomato paste and stir	3
	Add 1 tsp. paprika, 1/2 tsp. pepper flakes, 1/2 tsp. Allspice, and 2 tsp kosher salt. Stir	8
	Reduce heat to medium-low	1
	Deglaze pan with 1 cup red wine. Add 1 cup olives and 2 bay leaves. Stir	10
	Add 28 oz. of tomatoes, 1/4 cup apple cider vinegar, and chopped apricots. Return beef to the pot. Simmer	1 1/2 hrs.
	Add water if necessary. Simmer.	1 hr.
	Remove beef and shred with forks	3
	Return beef to sauce, Refrigerate overnight	1
	Total: 73min + 2 1/2 hr.	