



PERUVIAN

Seco de Res

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	2 hr 15 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 1½ tsp salt
- ½ tsp black pepper
- 3 tbsp vegetable oil
- 1 large red onion, finely chopped
- 5 cloves garlic, minced
- 3 tbsp ají amarillo paste (or 2 yellow hot wax peppers or 1 jalapeño, blended with 2 tbsp jarred roasted red pepper and ¼ tsp turmeric; milder and less fruity)
- 1 tsp ground cumin
- 1 large bunch cilantro (about 60 g / 2 oz), stems and leaves
- 240 ml (1 cup) light beer or chicha de jora
- 500 ml (2 cups) beef stock
- 100 g (⅔ cup) peas, fresh or frozen
- 2 carrots, cut into chunks
- 500 g (1 lb) potatoes, peeled and quartered
- Steamed rice and canary or pinto beans, to serve

Steps

1. Blend the cilantro with the beer until a smooth green purée forms.
2. Season the beef with salt and pepper. Heat 2 tbsp oil in a heavy pot over medium-high heat and sear the beef in batches until browned, about 5 minutes per batch. Set aside.
3. Lower the heat to medium and add the remaining oil and the onion. Cook for 6 minutes until soft. Add the garlic, ají amarillo paste and cumin and fry for 3 minutes until the oil darkens and the paste smells fragrant.
4. Pour in the cilantro purée, scraping the bottom, and cook for 5 minutes until it darkens.
5. Return the beef, add the stock and bring to a bubble. Cover and stew over low heat for 1 hour 15 minutes.
6. Add the carrots and potatoes and cook for 30 minutes more until the beef is tender and the vegetables are soft. Add the peas for the last 5 minutes.
7. The sauce should be thick and olive-green. Taste for salt and serve with rice and beans.

Notes

- **Ají amarillo:** sold as jars of paste in Latin grocers and some international aisles; the hot-wax-pepper blend above is the closest supermarket substitute.
- **Make ahead:** better the next day; keeps 3 to 4 days and freezes for 3 months (the potatoes soften). Reheat until steaming hot.
- **Heat:** the paste is moderately hot; use 2 tbsp for a milder version.
- **Slow cooker:** do steps 1 to 4 in a pot, then cook with 350 ml (1½ cups) stock and the vegetables on low for 8 hours or high for 4 to 5. Add the peas at the end.

- **Pair with:** salsa criolla (red onion, lime and cilantro).