



## CUBAN

# Ropa Vieja

| COMPLEXITY | SERVES | PREP   | COOK        | TECHNIQUE | CUT         |
|------------|--------|--------|-------------|-----------|-------------|
| Involved   | 6      | 25 min | 2 hr 30 min | Braise    | Flank steak |

## Ingredients

- 1.2 kg (2 $\frac{2}{3}$  lb) flank steak, cut into 3 pieces
- 1 tsp salt, plus more to taste
- 3 tbsp olive oil
- 1 large onion, sliced
- 1 green bell pepper, sliced
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 bay leaves
- 240 ml (1 cup) tomato sauce
- 240 ml (1 cup) beef stock
- 60 ml ( $\frac{1}{4}$  cup) dry white wine
- 1 tbsp red wine vinegar
- 80 g ( $\frac{1}{2}$  cup) pimiento-stuffed olives, halved
- 1 roasted red pepper, sliced
- White rice, black beans and fried plantains, to serve

## Steps

1. Season the beef with the salt. Heat 1 tbsp oil in a heavy pot over medium-high heat and sear the pieces for 4 minutes per side, until well browned. Move to a plate.
2. Lower the heat to medium and add the remaining oil, onion and pepper. Cook for 6 minutes until soft.
3. Stir in the garlic, cumin, oregano and bay for 1 minute until fragrant.
4. Add the wine and deglaze, scraping the pot for 1 minute. Pour in the tomato sauce, stock and vinegar.
5. Return the beef. The liquid should come about halfway up the meat. Cover and braise at a bare simmer on low heat, or in a 160°C (325°F) oven, for 2 hours, flipping once, until the meat shreds easily.
6. Lift out the beef and shred it with two forks, pulling along the grain into long strands, the "old clothes" of the name.
7. Return the shredded beef to the sauce with the olives and roasted pepper. Simmer uncovered for 10 minutes until the sauce clings. Taste for salt.
8. Serve over rice with black beans and plantains.

## Notes

- **Make ahead:** better the next day; keep up to 4 days in the fridge or freeze for 3 months.
- **Other cuts:** brisket or chuck work, with 30 to 60 minutes more braising.
- **Substitution:** replace the wine with extra stock plus 1 tsp more vinegar.
- **Slow cooker:** sear and cook the vegetables as written, then cook the beef on low 8 hr or high 4 to 5 hr with 120 ml ( $\frac{1}{2}$  cup) stock. Shred, then simmer uncovered to thicken.