



CUBAN STYLE BEEF



Day Before: Place Tenleytown Meat **chuck roast** in refrigerator to defrost for 36 hours. Bring to room temperature before cooking.

Prep Time: **20 minutes** Cook Time: **4 1/2 hours**
(largely unattended)

BRAISE:

1 (2 1/2 to 3 pound) **Tenleytown Meat Company chuck roast**

1 (28 oz.) can **whole peeled tomatoes**

1 **garlic clove**, peeled

1 medium **onion**, chopped

1 medium **carrot**, chopped

1 **celery stalk**, chopped

6 whole **peppercorns**

1 teaspoon **salt**

1 **bay leaf**

STEW:

1 tablespoon **olive oil**

1 **white onion**, thinly sliced

2 teaspoons **ground cumin**

1/8 teaspoon **cayenne**

2 **garlic cloves**, minced

1 **red, yellow or green bell pepper**, thinly sliced

1/2 teaspoon **dried oregano**

1 1/2 teaspoons **salt**

1 cup lightly packed chopped **fresh cilantro**

BRAISE:

Place the **beef in the Dutch Oven** so it fits snugly. Add the **garlic, onion, carrot, celery, peppercorns, salt, bay leaf**, only the **juice from the canned tomatoes** and just enough **water** to reach the surface of the meat.

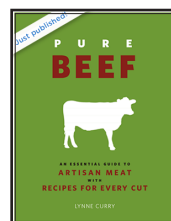
With lid ajar, bring to a boil over medium high heat, then **reduce to low** and simmer until the meat shreds readily with a fork, **3 1/2 to 4 hours**.

Lift beef from liquid, and place in to bowl to cool. **Strain the liquid** and bring to a **steady simmer** over medium heat. Reduce it by half to make about one cup, about **15 minutes**. When the meat is cool enough to handle, **shred** it finely with two forks, discarding any fat.

STEW:

Heat the **olive oil** over medium high heat in a skillet, add **onions**, cook for **3 minutes**. Add the **cumin, cayenne, garlic, bell pepper** and continue cooking with out browning until vegetables are tender, about **6 minutes**. Mash the reserved **whole tomatoes** and add them with the **oregano, salt and reduced broth**. Bring to a simmer and cook for **15 minutes** until the tomatoes break down. **Stir in shredded meat** to reheat it for **5-7 minutes**, and sprinkle on the **cilantro** just before serving.

makes 5 servings



Recipe courtesy of Pure Beef by Lynne Curry. "An essential guide to artisan meat with recipes for every cut."



PEOPLE



PLANET



COMMUNITY



COMPANY