



Ropa Vieja Cuban Beef

Oscar · 29/09/2024



Prep Time

8 hrs 45 mins

Dificult

Medium

Servings

11 hrs 30 mins

Description

This Cuban braised beef dish literally translates to old clothes because apparently some people thought the fallapart meat and colorful strips of onions and peppers tangled together looked like old tattered clothing Youll love this dish if youre into big bold flavors since theres nothing subtle about the seasoning here Delicious served with beans rice and plantain chips Garnish with more cilantro

Ingredients

- - 1 (1 1/2-pound) flank steak - 2 teaspoons kosher salt
- or more to taste - 1 teaspoon freshly ground black pepper - 1 pinch cayenne pepper
- or to taste - 2 tablespoons olive oil - 1 large red onion
- sliced - 4 cloves garlic
- sliced - 2 teaspoons ground cumin - 2 teaspoons paprika - 1 teaspoon dried oregano - ¼ teaspoon cayenne pepper - ½ teaspoon ground cloves - ½ teaspoon ground allspice - ½ cup white wine - 1 ½ cups tomato sauce - 1 ½ cups chicken broth - 2 bay leaves - 2 bell peppers
- sliced - 1 poblano pepper
- sliced - ½ teaspoon smoked paprika - 2 tablespoons capers
- drained - 1 cup pimento-stuffed green olives
- sliced - 1 teaspoon white sugar
- or to taste (Optional) - ½ cup chopped fresh cilantro

Instructions

1. Cut flank steak in half across the grain. Mix salt
2. black pepper
3. and cayenne. Season both sides generously with the salt mixture. Heat olive oil in a pot over high heat. Add steaks and cook until outsides are well browned
4. 4 to 5 minutes per side. Remove steaks to a plate. Reduce heat to medium. Add red onion
5. garlic
6. and more of the salt seasoning. Cook and stir until starting to soften
7. 3 to 5 minutes. Stir in cumin
8. paprika
9. oregano
10. cayenne pepper
11. cloves
12. and allspice. Cook and stir for 1 minute. Pour in white wine
13. scraping up the browned bits from the bottom of the pot. Stir in tomato sauce and chicken broth. Return beef and accumulated juices to the pot. Season with salt and add bay leaves. Reduce heat to low
14. cover
15. and simmer until beef is almost fork-tender
16. not falling apart
17. about 2 hours. Remove pot from heat and let stew cool to room temperature
18. at least 45 minutes. Refrigerate
19. 8 hours to overnight
20. for best results. Remove beef to a plate and set stew over medium heat. Tear beef along the grain into 1/8- to 1/4-inch-wide shreds; place back in the stew. Add bell peppers
21. poblanos
22. smoked paprika
23. capers
24. olives
25. and sugar. Stir together and reduce heat to medium. Simmer until peppers are soft and meat is tender
26. 15 to 20 minutes. Turn off heat
27. remove bay leaves
28. and stir in cilantro. Chef John Chef's Notes You can also use skirt steak or big pieces of chuck
29. but flank is my favorite. Chuck is cheaper but shreds too small. Use finely crushed tomatoes instead of tomato sauce if desired.