

Ropa Vieja Tacos

Recipe by: Chef Valeria Molinelli, C.E.C.

Yield: 4 servings

Ingredients:

Taco Filling

1 ½ pounds flank steak, cut in half lengthwise, then cut each half again
Salt and ground black pepper, to taste
2 tablespoons canola oil
1 cup onions, julienne
1 ½ cups red and green bell peppers, julienne
½ cup carrots, julienne
3 garlic cloves, minced
1/8 teaspoon ground cloves
¼ teaspoon ground allspice
1 teaspoon ground cumin
½ teaspoon dry oregano
¼ cup tomato paste
½ cup dry white wine
1 ½ cups chicken stock
2 bay leaves
1 cup green olives, chopped

Tomatillo Sauce

1 pound tomatillos, peeled, washed and quartered
¼ cup onions, diced
1 green jalapeno pepper, seeded and chopped
2 garlic cloves, chopped
Salt and ground black pepper, to taste
1 tablespoon olive oil

Garnish

1 sweet plantain, peeled and sliced on a bias
8 soft corn tortillas
½ cup queso fresco, crumbled
4 radishes, thinly sliced
2 tablespoons cilantro leaves
1 lime, cut in eighths

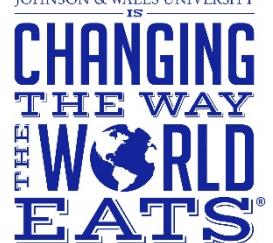
Method of Preparation:

1. Preheat oven to 300 degrees.
2. *For the taco filling:* Season steak with salt and pepper, to taste, and then sear in oil over medium-high until brown on all sides. Remove.
3. In the same pan, sauté the onions, red and green peppers, and carrots over medium heat until soft, about 10 minutes. Remove and save for later.

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4. To the pan, add the cloves, allspice, cumin, oregano, garlic, and tomato paste and cook for one minutes or until fragrant. Deglaze with white wine and reduce by half. Add the stock, bay leaves, and the seared meat. Bring to a simmer and cover. Cook in the oven for about 2 hours or until tender.
5. *To make the tomatillo sauce:* Heat a cast iron skillet or heavy-bottom pan over high-heat. Roast the tomatillos, onions and jalapenos until charred. Then add them all into a blender with the garlic, salt and pepper. While blending, add the olive oil and continue to blend until smooth.
6. Once the meat is tender, remove and shred using two forks. Keep warm until sauce is ready.
7. Remove bay leaves from the braising pan and add the reserved vegetables to the broth. Cook over medium heat until reduced and slightly thicken. Add the meat back in. Toss in the chopped olives. Adjust seasoning.
8. *To build the tacos:* Warm tortillas on a grill, griddle, or cast iron pan on both sides. Place on a plate and add two slices of ripened plantain, the shredded meat, tomatillo sauce, radish, cilantro, and queso fresco. Squeeze a lime over it and enjoy.

Nutritional Analysis:

Calories: 770
Carbohydrates: 64 g
Sodium: 810 mg
Protein: 40 g
Fat: 38 g
Fiber: 11 g