



Shredded Beef Cuban-Style with Peppers and Onions with 100% grass-fed Chuck Roast (ROPA VIEJA) from *Pure Beef Cookbook* by Lynne Curry, Running Press, 2012

Lynne Curry offers a range of tasty recipes for 100% grass-fed beef in her cookbook, “Pure Beef”. While a traditional Ropa Vieja uses flank, Lynne’s two-step recipe using chuck roast is a masterpiece of flavors. (You can also use brisket).

Ingredients for Braise:

- 1 3.5 to 4 lb. 100% grass-fed chuck roast
- 1 28-ounce can of whole peeled tomatoes
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 medium celery stalks, chopped
- 6 whole peppercorns, crushed slightly
- 1-teaspoon kosher salt
- 2 bay leaves

Ingredients for Stew:

- 1-tablespoon olive oil
- 1 onion, thinly sliced
- 3 teaspoons ground cumin
- 3 garlic cloves, minced
- 1/8-teaspoon cayenne
- 2 peppers (red, yellow, or orange), seeded and thinly sliced
- ½ teaspoon dried oregano
- 1 tablespoon red wine (or sherry) vinegar
- 1 cup lightly packed chopped fresh cilantro
- Fresh ground pepper

Braise: Place beef in a cast iron casserole that fits it snugly. Add juice from canned tomatoes (saving tomatoes) and the other “braising” ingredients. Add just enough water to reach to top of meat. Place casserole in a 275 oven and braise for 3 to 4 hours. Partially cover. Beef should shred readily with a fork. Keep cooking if it does not.

Stew: Lift beef from casserole and let cool in a bowl. Strain liquid and discard cooked vegetables. Place braising liquid in a sauce pan and simmer over medium heat until reduced to about 1 cup (about 15 minutes). When beef has cooled, remove any cartilage or fat.

Wipe clean casserole and then heat olive oil over medium-high heat. Add onion and cook until limp. Add the cumin, cayenne, garlic and bell peppers. Cook until the vegetables are tender, but not brown. Mash the tomatoes from the can and add along with oregano, salt, vinegar and the reduced broth. Bring your stew base to a simmer and cook for 15 minutes. Stir in your shredded beef and taste for seasoning. Heat for 20 minutes. Sprinkle cilantro before serving. Serve with tortillas or rice and beans or anything that captures your fancy. Make a day in advance: the flavors steep into shredded goodness!