

ROPA VIEJA

Last Modified: 06/20/2016

PREP: 1 hr
COOK: 1 Hr
STOVETOP

F HARD

CUBAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3 ~ 4	Pounds	Skirt Or Flank Steak	Trimmed
2	Large	Green Bell Peppers (Seeded)	Sliced
OR SUBSTITUTE			
2	Large	Purple Bell Peppers (Seeded)	Sliced
1	Medium	Red Onion	Sliced
4	Tbsp	Olive Oil	Divided
2 +	Cups	Beef Braising Liquid	
1	16 Oz	Can Whole Tomatoes (Hunts) & Liquid	Chopped
3	Tbsp	Tomato Paste (Contadina)	
3	Cloves	Garlic	Minced
1	Tsp	Ground Cumin	
1/4	Tsp	Dried Oregano	
2	Large	Red Bell Peppers (Seeded)	Sliced
2	Large	Yellow Bell Peppers (Seeded)	Sliced
1	Cup	Frozen Peas	Thawed
1/2	Cup	Salad Olives With Pimentos	Drained
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

BRAISING LIQUID			
2	Quarts	Water	
2	Medium	Carrots (Rinsed)	Coarse Chop
1	Large	Yellow Onion	Coarse Chop
2	Stalks	Celery (Rinsed)	Coarse Chop
1	Large	Dried Bay Leaf	
3	Cloves	Garlic	Crushed
1	Tsp	Dried Oregano	
1	Tsp	Ground Cumin	
1	Tsp	Kosher Salt	
1/4	Tsp	Whole Black Peppercorns	

ROPA VIEJA

YELLOW RICE WITH TOASTED CUMIN SEEDS			
2	Cups	Long Grain Rice (Unconverted)	Uncooked
2	Tbsp	Olive Oil	
2	Tsp	Cumin Seeds	Toasted
1/4	Tsp	Saffron Threads	Crumbled
3/4	Tsp	Kosher Salt	
PREPARATION			
FACTOID	A robust Cuban comfort food Stew, usually served over Yellow Rice. Ropa Vieja is translated as "Old Clothes". Called such because a serving resembles a pile of colorful rags. The dish freezes and reheats well.		
NOTE	We DO NOT like Green Bell Peppers on A N Y T H I N G. Many of my dishes substitute the milder "colored" Bell Peppers for traditional Green ones. This is the case here.		
TOOLS	1) Dutch Oven & Lid 2) Large Colander 3) Medium Mixing Bowl 4) Large Stainless Steel Skillet, 5) Medium Saucepan & Lid		
PREP	DISH 1) Prepare the Rice according to package directions and set it aside while covered. 2) Chop the Yellow Onion and set it aside. 3) Chop the Bell Pepper and add it on top of the Onions. 4) Chop the Garlic Cloves and set them aside. 5) Chop the Cilantro Leaves and set them aside. 6) Drain the Olives and set them aside.		
PREP	BRAISING LIQUID 1) Prepare the Rice according to package directions and set it aside while covered. 2) Chop the Yellow Onion and set it aside. 3) Chop the Bell Pepper and add it on top of the Onions. 4) Chop the Garlic Cloves and set them aside. 5) Chop the Cilantro Leaves and set them aside. 6) Drain the Olives and set them aside.		
1	BEEF: In a dutch oven over medium heat, combine all of the Braising Liquid ingredients and bring them to a boil, lower the heat to a simmer and add in the Beef. Simmer, uncovered for about, 1 1/2 hours, or until the Beef is very tender.		
2	BEEF: Remove the dutch oven from the heat and cool the Beef while still submerged in the liquid for 30 minutes. Transfer the Beef to a platter and tent it with aluminum foil.		
3	BEEF: Strain the Braising Liquid through a colander into a medium mixing bowl, pressing on the solids to extract as much of the liquid as possible. Discard the solids. Return the Braising Liquid to the dutch oven over high heat and boil until it is reduced to roughly 3 cups, about 30 minutes. Pour the reduced Braising Liquid back into the mixing bowl.		
4	VEGETABLES: In the dutch oven over medium heat, add in 2 tablespoons of Olive Oil and heat until it shimmers. Add in the Green Bell Peppers and Red Onions and cook them while stirring until softened, about 4 minutes.		
5	BEEF: While the Vegetables are cooking, pull and cut the Beef into strips about 3 inches long by 1/2 inch wide.		

ROPA VIEJA

6	STEW: To the Vegetable Mixture, add in the Beef Strips, 2 cups of the reserved Braising Liquid, Chopped Tomatoes along with their Juice, Tomato Paste, Minced Garlic, Cumin, Oregano, and Salt and Pepper to taste, Simmer, uncovered for 20 minutes.
7	STEW: While the Stew is simmering, in a large skillet over medium heat, add in the remaining 2 tablespoons of Olive Oil and heat until it shimmers. Add in the Red and Yellow Bell Peppers while stirring occasionally, until softened, about 4 minutes. Stir the Pepper Mixture into the Stew with enough remaining Braising Liquid to thin it to desired consistency and simmer, uncovered for 5 minutes. Stir in the Peas and Olives and simmer, uncovered for 5 minutes more.
8	YELLOW RICE: In a heavy saucepan over medium high heat, heat the Olive Oil until hot but not smoking and sauté the Cumin Seeds while stirring for 10 seconds, or until they turn a few shades darker and are fragrant.
9	YELLOW RICE: Stir in the Saffron and Uncooked Rice and sauté while stirring for 1 to 2 minutes, or until the Rice is coated well. Stir in the Water called for on the Rice Packaging, Salt and boil the Rice, uncovered and without stirring, until the surface of the Rice is covered with steam holes and the Grains on the top appear dry, 8 to 10 minutes more.
10	YELLOW RICE: Remove the pan from the heat and let the Rice stand while covered for 5 minutes. Fluff the Rice with a fork and serve immediately.
SERVE	Center a pile of Rice on a dinner plate and generously stack Stew on the top. Serve while hot.

