

ROPA VIEJA



Ingredients

- ▶ 3 lbs. flank steak
- ▶ Sazón con azafrán
- ▶ Oregano
- ▶ 3 tbsp sofrito
- ▶ 4 oz. tomato sauce
- ▶ 16 oz. taco sauce (medium)
- ▶ 8 oz. enchilada sauce (medium)
- ▶ 1 red pepper
- ▶ Hot sauce
- ▶ Pressure Cooker



More meat can be used depending on how many people you are feeding. I use about double that amount of meat. The above referenced amount feeds about 6 people. Notice how I didn't say men. If you are feeding serious eaters, I'd double on everything (except for tomato sauce and sazón).



Cut the flank steak into large 2" x 2" cubes. This helps for the meat to cook evenly, fall apart easily and fit in the pressure cooker properly. Place the meat in the pressure cooker and cover with water about 1-2" above the meat (depending on how much space you have left). Cook on high until the pressure cooker starts to whistle. Then reduce heat to 40% (if your burner is numbered 1-10, put at 4). Cook for an hour.

Remove from stove and run pressure cooker under water, release pressure and open. Add additional water to the pot and place back on the stove and start process again, cooking for an additional hour. Remove from stove again, run under water, release pressure and open. I don't have my meat simmer in the sauce in the pressure cooker, but by all means, do this if you are most comfortable with using this size pot.

Taking two forks shred the steak. This can be done in the pot or a separate bowl, whichever you prefer. It's going to just fall apart, so this won't take long at all. Keep only half of the water that remains in the pot to be used as the broth. Add the enchilada, taco and tomato sauces, adobo, oregano, sofrito, sazón con azafrán and the red pepper. I don't like eating the actual red pepper, so I leave it in large pieces, but if you like it, slice however makes you happy. The red pepper helps to thicken the sauce, to answer your questions as to why I use it if I don't eat it. Let simmer for two hours at 20-40% heat, stirring every ten minutes. The meat can burn as the sauce thickens and get stuck to the bottom of the pot, which is why the heat varies and you need to stir so often. The hot sauce can be added as needed to reach the desired heat. The medium heat on the taco and enchilada sauce provides a kick that develops while simmering.

Serve over white rice with salad, plantains, grilled vegetables, however you'd like.