***Ropa Vieja***

**Shredded Beef with Rice**

By Genie Milgrom

Makes 4 servings as a main dish

1 pound flank steak, trimmed of excess fat

2 cups full-bodied beef broth, preferably homemade

3 tablespoons extra-virgin olive oil

1 medium yellow onion, small diced

3 cloves garlic, minced

1 red bell pepper, seeded and chopped

1 green bell pepper, seeded and chopped

2 cups tomato sauce

1 tablespoon white vinegar

1 tablespoon cracker meal or matzah meal

1⁄4 teaspoon Bijol spice mix (traditional) or sweet paprika or ground

annatto or saffron threads

Salt, or Genie’s Special Salt Mix (see Note)

Cooked rice, for serving

3 large red pimentos,\* cut in strips, for serving

Cook the flank steak in the broth until tender; this usually takes a few hours on low

in a heavy-bottomed pot on the stove or in a slow cooker. Remove from the broth,

let cool and use two forks to shred the meat. It might be easier to use your hands

to shred some of the smaller pieces.

Heat the oil in a large skillet over medium heat, then add the onion, garlic, red and

green peppers and stir to blend. Let cook until this mixture is soft and lightly browned.

Stir in the tomato sauce and simmer together for 10 minutes.

Mix together the shredded meat, vinegar, cracker or matzah meal, and the Bijol or

other spice you are using. Taste, and season with salt or Genie’s Special Salt Mix

as needed. Cook over medium heat for 15 to 20 minutes, until the flavors have blended.

Serve on top of rice with the marinated pimentos on the side.

*Note: To make Genie’s Special Salt Mix, in a food processor add a couple cups of kosher*

*salt, a lot of fresh thyme and rosemary leaves, a little lemon juice and some fresh*

*garlic. Pulse until evenly combined.*

\*Pimento (also called roasted red pepper) is a sweet red pepper that has been

cooked and marinated.

*Genie Milgrom is a Crypto-Jewish genealogist, writer and speaker about the Jews that*

*stayed behind in Spain in 1492. Her books include* Recipes of My 15 Grandmothers*, which traces her ancestry to her Sephardic roots.*