

CAFE THOMPSON RECIPE

ASADO NEGRO

Chef Lorena Garcia

A celebrated chef and entrepreneur, Lorena Garcia has made significant strides in introducing the flavors of Latin cuisine to a broader audience. A native of Venezuela, Garcia's food journey began with a career shift from law to the culinary arts. In 2002, she opened her first restaurant in Miami, Florida, and later expanded into airport dining.

SERVES 6



INGREDIENTS

- 2 lemons
- 2 teaspoons ginger-garlic paste
- 4 teaspoons red chili flakes
- 2 teaspoons black pepper
- 1/2 cup soy sauce
- 1 tablespoon Worcestershire sauce
- 2 teaspoons mustard
- 4 pounds beef (eye of round)
- 1 large yellow onion
- 4 scallions
- 1 cup coriander leaves, finely chopped
- 1 red bell pepper
- 4 tomatoes, chunk
- 1 teaspoon salt
- 1 1/2 cups of water

DIRECTIONS

In a bowl, blend the juice of 2 lemons with the ginger-garlic paste, red chili flakes, black pepper, soy sauce, Worcestershire sauce and mustard.

Spread this spicy mixture thoroughly over the beef, adding salt to taste. Cover with aluminum foil and let it rest in a refrigerator overnight.

Add oil to a saucepan. Uncover the beef and start cooking it in the pan at a very high flame. Let the meat turn brown from all the sides and keep cooking until it gives an almost burnt appearance from outside.

In a blender add the onion, coriander leaves and red bell pepper, and around 1 1/2 cups of water.

Add the sauce in the pan of caramelized beef and cook it at medium heat. This may take 2 1/2 to 3 hours.

Blanch the tomatoes in warm water and peel off the skin. Blend the tomatoes in a blender to make a puree. Add the puree to the cooked beef.

Keep hot until ready to serve.

Side dishes

Mashed potatoes
Fried plantains

