

## CAFE THOMPSON RECIPE

# ROPA VIEJA

Ropa vieja is the national dish of Cuba, consisting of shredded beef – typically flank steak – slow-cooked in a savory tomato-based sauce with bell peppers, onions and aromatic spices like cumin and oregano, and an aromatic flavor profile that is savory but not spicy.

**SERVES 6**

### INGREDIENTS

- 3 pounds flank steak
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon oil
- 1/2 cup onion, diced
- 1 cup bell pepper, sliced
- 1 cup green bell pepper, sliced
- 1 tablespoon garlic, minced
- 2 teaspoons cumin
- 2 teaspoons oregano
- 1 teaspoon paprika
- 1/2 cup white wine
- 1/2 cup tomato paste
- 3 bay leaves
- 1 cup pitted green olives
- 1 tablespoon capers



### DIRECTIONS

Season the beef with salt and pepper. In a pan, heat the oil over high heat and sear or brown the meat on all sides, about 5 minutes per side. Remove and set aside.

Add the onion and bell peppers to the same pot, cooking until caramelized, about 8 minutes. Stir in the garlic and all spices, cooking for 1 more minute until fragrant. Deglaze with the white wine, and then add the tomato paste and bay leaves.

Return the beef to the pot, ensuring it is mostly submerged. Cover the pot and simmer on low heat for 3 hours. Add the green olives and capers.

#### Side dishes

Steamed White Rice  
Costa Rican Black Bean Stew  
Roasted Plantains

