

Machaca (Mexican Shredded Beef)



Ingredients:

1	kg	Stewing Beef, cut into stew-sized cubes
2	Tb	Corn Oil (or olive oil)
1	Lt	Water
2		Beef bouillon cubes
2	Tb	Garlic, finely minced or puréed
¼	ts	Black Pepper, freshly ground

1	Tb	Corn Oil (or olive oil)
1½	c	<i>El Sapo</i> Salsa Suave



Method:

In a large heavy skillet, heat 2-tablespoons of oil over medium-high heat. Add the beef cubes and brown the meat well, turning the beef cubes often to achieve an even browning. It is not necessary to cook the meat completely, but the idea is to achieve a good caramelization on the exterior of the meat cubes, thus developing the flavor and reducing the chance of scum forming on the top of the boiling liquid. When the meat is well browned, keep the meat in the skillet and set aside.

In a medium Dutch oven or stew pot, bring the water to a boil. Add the garlic, bouillon cubes, black pepper and beef (including the oil in the skillet), and then bring back to a boil. Reduce heat and simmer about 1½ to 2-hours. Add extra water if necessary, however, *at the end of the stewing time, the goal is to have the water almost completely evaporated (no wasted liquid), and the meat falling-apart tender. Be careful not to burn the meat when water gets low.* Remove meat and set aside until cool enough to handle. When the meat is cool, use your hands to shred the meat.

Heat 1-tablespoon oil in a large heavy skillet over medium-high heat. Add the shredded meat and stir-fry several minutes, or until some caramelization is apparent. Add *El Sapo* Salsa Suave and continue to stir-fry over medium heat until any loose liquid has evaporated, but the meat still remains moist. Add salt to taste, if necessary, but it should come out about right if directions are followed.

Use your delicious machaca to make burritos, enchiladas, tostadas, taquitos, flautas, tortas (Mexican sandwiches), sopes, gorditas, tacos, machaca & eggs, etc.

NOTE: *El Sapo* Salsa Suave is necessary for this essential Mexican basic, due to the roasted green chilies. If you like a spicier final meal, serve *El Sapo* Salsa Jalapeño or Picante with your completed meal.

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For best results always use *El Sapo* salsa.