

VACA FRITA

Serves 4

I had never seen or heard of this dish until we ran across La Teresita Cuban Restaurant in Tampa, Florida. It is filled with people of Cuban background, and run by Cubans as well. This dish, a simple matter of fried beef, is one of the original owner Max's specials, and a fine dish it is. It is prepared the night before and then grilled at the last minute. Wonderful!

2 pounds flank steak ~~2 1/2 lbs~~

2 whole bay leaves

6 black peppercorns

2 tablespoons chopped
parsley

MARINADE

- 1 teaspoon garlic powder
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon ground cumin
- 1 teaspoon onion powder

- 1 teaspoons salt
- Pinch of MSG (optional)
- 3 tablespoons dry sherry
- 2 tablespoons olive oil

Double

GARNISH

- 2 medium yellow onions,
peeled and sliced
- Lemon wedges / lime

- 2 medium green bell
peppers, cored, seeded,
and sliced

x2 or 3

- Place the flank steak in a 6-quart covered pot and add just enough water to cover. Add the bay leaves, peppercorns, and parsley. Simmer, covered, until tender, about 1 1/2 hours. Allow to cool in the liquid, covered, as long as overnight in the refrigerator.

Mix the dry spices for the marinade. Cut the meat, across the grain, into serving-size pieces and pound each piece with a wooden or metal meat pounder. This should increase the size of each piece by about half. Rub each piece with a bit of the marinade mixture and then splash each piece with dry sherry. Allow to marinate for a moment.

Heat a flat griddle and add the olive oil. Fry each piece of meat just until it barely browns on each side. Fry the onions and peppers along with the meat, just until they are tender but not mushy. Place all on a plate along with lemon wedge garnish.

separately
add
1/2-1
batch dry
of marinade
mixture