

## Arroz de Carreteiro

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Arroz de Carreteiro is a traditional dish from the state of Rio Grande do Sul. There are probably as many recipes for Arroz Carreteiro as there are Gaucho cooks. Here is one that I use. I make my own "charque" because I live in Edmonton, Alberta, but in Rio Grande do Sul you can buy the charque already made.

### Ingredients:

- 2 pounds of sirloin
- Coarse salt
- Kitchen twine
- 3 Tbs of Cooking oil
- 1 cup of chopped onions
- 2 cups of peeled can tomatoes (chopped)
- 3 cups of rice
- 6 cups of hot water

### Procedure:

1. **Make the Charque (a few days before you plan to make the Carreteiro)**
  - Trim fat and sinuous tissue from the meat.
  - Gently rub coarse salt on the meat until it is covered in salt.
  - Make a small slit close to one end of each piece of meat with a paring knife.
  - Thread a long piece of twine and tie.
  - Tie the twine to something high and put a large container underneath the pieces of meat.
  - Let the slated meat hang for a few days. Check every day to ensure that the meat is not getting too dry (it should not become leathery).
  - When the meat has dried enough and acquired a dark purple colour, you can place the meat into plastic bags and store in the refrigerator for up to a few weeks, or in the freezer for months.
2. **Dice the charque**
  - Rinse the charque under cold water and remove any visible salt that might be stuck to the charque.
  - Dice the charque in very small pieces (about 1/4 of an inch)
3. **Sautee and boil the rice**
  - Heat the water in the microwave until it is boiling — four to five minutes.
  - In a large heavy pot, heat up some cooking oil.

- Sautee the charque, but don't let it get too crispy.
- Add the chopped onions and sautee until they are soft.
- Add the chopped tomatoes and cook until most of the liquid has evaporated.
- Add the rice and stir fry it until some of the grains start becoming opaque.
- Add the hot water.
- Taste the water to see if you need to add more salt.
- Reduce the fire to the slowest simmer.
- Pour the hot water over the rice stirring.
- Cover the pot and simmer for about 35 minutes. Do not open the pot.
- After 35 minutes, taste a few grains from the top to see if they are almost cooked. If they are, turn off the fire and keep the pot closed for another ten minutes.
- Do not stir the rice.