

Carne mechada with gnocchis

approximate total preparation time: 1 hour per kg of meat in a pressure cooker

200g (*per person*) beef tenderloin

1kg tomatoes (preferably ripe)

1 large onion

2 carrots

bacon

bay leaf

2 cloves

garlic

red wine

sweet bell pepper

spices: ají, cumin, paprika powder, pepper, and salt

Gnocchis:

mashed potato powder

Carne mechada:

- 1) Prepare meat by gently poking small triangular slits of sufficient size to lard the meat with the ingredients mentioned below.
- 2) Lard meat with whole garlic cloves, triangular carrot slices and bacon strips.
- 3) Tie cook's string (*e.g. food-safe cooking string*) around larded meat to prevent the ingredients from moving.
- 4) Mix spices on a separate plate and spread over larded meat.
- 5) Mince onion, peel remaining carrots, peel & chop tomatoes, remove the bell peppers' seeds, and cut into slices.
- 6) Sauté minced onion, add bell pepper, tomatoes, red wine, a few bay leaves, and cloves.
- 7) Add larded meat to pressure cooker, cover, and stew for an (1) hour per kg of meat.

Gnocchis:

- 1) Dissolve mashed potato powder in lukewarm water and (*wheat*) flour and roll into dough; use flour to prevent the dough from becoming too sticky.
- 2) Roll into cords of 2-3 cm in breadth, cut into slices of 4-5 cm with a knife, and add to boiling water until they float to the surface.
- 3) Drown gnocchis in sauce.

Best served with red wine.