



MEXICAN

Carne Guisada

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	2 hr	Stew	Chuck roast & stew beef

Ingredients

- 1.1 kg (2½ lb) chuck roast, cut into 3 cm (1¼ in) cubes
- 2 tbsp all-purpose flour
- 1½ tsp salt
- 1 tsp ground cumin
- 1 tsp dried oregano (Mexican if possible)
- ½ tsp black pepper
- 3 tbsp vegetable oil
- 1 large onion, diced
- 1 green bell pepper, diced
- 4 cloves garlic, minced
- 1 jalapeño, finely chopped (seeded for less heat)
- 2 tbsp tomato paste
- 400 g (14 oz) canned diced tomatoes
- 500 ml (2 cups) beef stock or water
- 2 bay leaves
- 400 g (14 oz) potatoes, cut into 2 cm (¾ in) cubes (optional)
- Chopped cilantro and warm tortillas, to serve

Steps

1. Toss the beef with the flour, salt, cumin, oregano and pepper until coated. If you have time, leave it for 30 minutes so it seasons deeper.
2. Heat 2 tbsp oil in a heavy pot over medium-high heat. Sear the beef in two batches until browned, about 5 minutes per batch. Move to a plate.
3. Reduce the heat to medium, add the remaining oil, the onion and the pepper, and cook for 6 minutes until soft. Add the garlic, jalapeño and tomato paste and stir for 1 minute.
4. Add the tomatoes and stock and scrape up the browned bits from the base of the pot. Return the beef and add the bay leaves.
5. Bring to a bubble, cover, and stew over low heat for 1½ hours, stirring now and then, until the beef is nearly fork-tender.
6. Add the potatoes if using, and cook uncovered for 25 minutes until they are tender and the gravy is thick enough to coat a spoon.
7. Remove the bay leaves, taste for salt, and scatter with cilantro. Serve with warm flour tortillas.

Notes

- **Serving:** spoon into tacos or burritos, or serve with rice and refried beans.
- **Make ahead:** keeps well for four days in the fridge; reheat until steaming hot, 74°C (165°F).
- **Heat:** add a dried chipotle or a pinch of cayenne for more smoke and spice.
- **Slow cooker:** sear the beef and soften the vegetables, then cook on low 8 hr or high 4–5 hr, adding the potatoes for the last 2 hr. Cook lid off on high for 20 to 30 minutes to thicken.
- **Freezer:** freezes for up to 3 months. Thaw overnight in the fridge before reheating.

- **Shortcut:** a pressure cooker cuts the stew to about 35 minutes at high pressure, with a 10-minute natural release.