



Barbacoa Recipe Blends Flavor And Family Memories

(NAPSA)—When it comes time for family get-togethers, it makes little difference if your family comes from Portland, Passaic or Puebla.

That's because events that bring extended family members and friends to the table, no matter the culture or cuisine, will often center on comfort food—dishes that are slow cooked, allowing plenty of time for spices and flavors to simmer while stories are told and memories are shared.

For example, here is a recipe that uses a cut of meat well known in many Latin homes—beef cheekmeat.

Known widely as the traditional cut for barbacoa, beef cheekmeat is a cut of beef that is growing in popularity.

The term “cheekmeat” refers to the cheek muscle of a cow. It's a lean cut of meat and is most often used for braising or slow cooking to produce a tender result.

When cooked “long and slow,” this cut has an unmistakable and flavor-packed tenderness. Follow the recipe below for a unique meal that your family won't forget.

Barbacoa Tacos

Preparation Time: 15 minutes

Cooking Time: 2–3 hours

Servings: 8

Ingredients:

- 4 lbs Rumba® beef cheekmeat**
- 1 Tbsp cumin**
- ½ cup red wine vinegar**
- 1 large onion, chopped**
- 1 qt low-sodium beef broth or water**
- 1 Tbsp whole black peppercorns**
- 2 bay leaves**



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- 1 whole garlic bulb, split in half crosswise**
- 1 Tbsp salt**

Instructions:

1. Combine all ingredients in a large pot. Add additional cold water to cover the cheekmeat by 2 inches. Bring slowly to a boil.

2. Gently simmer for 2–3 hours or until very tender. Skim any fat or foam from the liquid often throughout the cooking process.

3. When the meat is tender, remove from the liquid. Strain and reserve the broth for use as a sauce, if desired.

4. Serve the shredded cheekmeat as a filling for tacos, tostadas or over rice.

5. Serve with minced onion, chopped cilantro, lime juice, salsa or tomato sauce.

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