

New Latin Cooking

Easy Ways To Cook Up New World Cuisine

(NAPSA)—The recipe for adding international flair to meals has more to do with kitchen staples than it does with having a world of cooking skills.

That's the advice of professional chef Norman Van Aken. His Barbecued Ropa Vieja uses the economical chuck steak, tomato sauce, ketchup and other pantry staples that, in combination, fill the house with the aroma of a Cuban kitchen. For more celebrity chef recipes using California-grown processed tomatoes, visit www.californiatomatoes.org.

Barbecued Ropa Vieja

4 to 5 pounds chuck steak

Salt and pepper

2 tablespoons pure olive oil

2 tablespoons butter

2 large onions, sliced

12 garlic cloves, thinly sliced

1 cup water

1 (8-ounce) can tomato sauce

3 tablespoons brown sugar

1 teaspoon dry mustard

½ cup fresh lemon juice

½ cup Spanish sherry
vinegar

½ cup tomato ketchup

2 tablespoons

Worcestershire sauce

1 tablespoon ground cumin

1 tablespoon black pepper

Season both sides of steak with salt and pepper. Heat oil in large, heavy saucepot and sear steak on both sides over medium-high heat. Remove and set aside. Add butter to the pan and when it begins to foam, add onions and garlic. Cook until caramelized, about 15 minutes.

Deglaze pan with water, scraping the bottom often. Reduce heat to very low and add meat. Add tomato sauce



Barbecued Ropa Vieja is impressive served at brunch or supper.

and caramelized mix. Cover the pan and cook for 2 hours, turning steak after 1 hour.

Meanwhile, combine brown sugar, dry mustard, lemon juice, vinegar, ketchup and Worcestershire sauce in a small bowl to make barbecue sauce. When the meat has cooked for 2 hours, uncover the pan, skim excess fat, and add the barbecue sauce. Cover pan and cook 1 hour longer.

Remove meat from the pan and allow to cool. Reduce sauce over high heat, 10-20 minutes, until it thickens. Shred the meat, discarding any fat or bones. Reduce heat to low, adding the meat to the reduced sauce in the pot. Add the pepper and cumin and cook 10 minutes longer.

Serve over diced and roasted sweet potatoes and cooked sweet corn, with a poached egg on top. Serves 6

• *Considered one of America's greatest chefs, Van Aken is a multiple culinary-award winner and restaurant owner. His New World Cuisine has been called a culinary excursion to Cuba, the West Indies, Central America and Key West.*