



MEAT BROTH - CALDO DE RES

This broth is always prepared when you need to get the meat ready to do either “Ropa Vieja” (shredded beef) or “Vaca Frita” (fried shredded beef.)

Ingredients

1 piece of lean skirt steak or flank steak, cut into pieces (amount depends on the number of servings, use your fingers and your brain to calculate)

The amounts below depend on the amount of meat you bought.

2 sweet onions sliced

some garlic pieces finely cut

a few drops of green lemon juice

a bunch of parsley

salt (a small amount)

enough water to cover all ingredients

Preparation

Cut and discard any excess grease or fat from the meat and cut the meat into rectangular pieces about 3 inches long (going parallel to the lines of the meat) and 2 inches wide.

Peel the onions and cut in big pieces (about 8 pieces per onion.)

Peel the garlic and cut in pieces, they can be big, this time it does not matter.

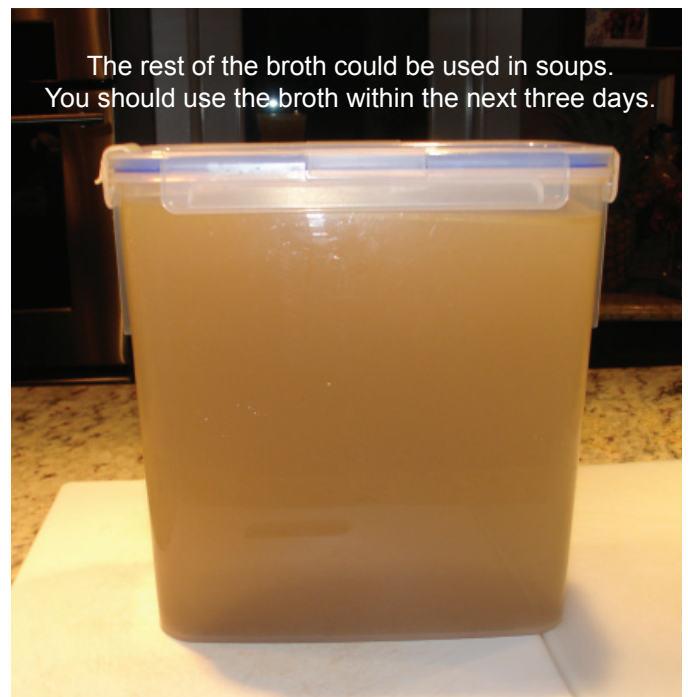


Wash the parsley under the faucet and cut it in three sections, including the stems.

Put all the ingredients in a deep pot to cook on top of the stove with enough water to cover well, at medium low for about 30 to 45 minutes. Let it cool.

Once it is done, take out the pieces of meat and save them to do the shredded beef “[Ropa Vieja](#),” or the fried shredded beef, “[Vaca Frita](#).” Look up the recipe included in this book for either one of those dishes.

Strain the broth and keep it in a covered container in the refrigerator. You are going to use a little bit of the broth for “[Ropa Vieja](#).”





SHREDDED MEAT - ROPA VIEJA

A delicious but elaborate Cuban dish. You have to start first by cooking the raw meat as per instructions on meat broth.

Ingredients

- cooked shredded beef (amount depends on number of servings)
- 1 red pepper
- 1 green pepper
- 1 sweet onion
- a few pieces of garlic
- salt and pepper to taste
- tomato sauce
- bay leaves
- golden cooking wine
- olive oil
- red roasted pimientos including its liquids
- meat broth as needed



Enough for about 10 persons.





Preparation

Cook the meat as in the recipe for meat broth in this book. Use as much meat as your trained eyes will tell you, depending on the number of servings you want. Make sure the meat has been separated in thin strips parallel to the grain of the meat. It is super easy. Just look at the photos.

The amounts of the ingredients depend on the amount of meat you are using.

Cut the peppers and the onion in slices, medium width, not too thin and not too wide, cut the garlic in little pieces and then process the garlic in a small food processor, and cut the red pimentos in slices, keeping the liquid in which they come.

Sauté the green and red peppers in the olive oil for about 15 minutes until they are tender, add the onion and sauté it for about 10 more minutes and then the garlic for about 1 minute. Add the meat, salt, pepper, cooking wine, tomato sauce, a few of the bay leaves, and the red pimentos with the liquid and some of the broth, making sure the mixture is not too liquid, remember it is not a soup, it is meat in a nice rich sauce.

Taste it to make sure it is as delicious as it should be, cook it for 10-15 minutes only, covered, at low heat. Remember the meat is already cooked. When done, turn it off until ready to be served, which you will do of course with white rice. Remove and discard the bay leaves before serving.



FRIED SHREDDED BEEF - **VACA FRITA**

*I do not like the English translation, so in English let's call it also **VACA FRITA**, but with an English accent!!*

Ingredients

Use the meat previously cooked in the meat broth (see recipe), amount depends on the number of persons you will be cooking for. Remember to use your eyes and your brain to calculate.

The amounts of all the other ingredients listed below are also in relationship to the amount of meat.

3 green lemons
1 sweet onion
a few garlic cloves
salt and pepper to taste
vegetable oil.

Enough for 8 servings.

(With the meat in the above photo.)

Preparation

Shred the meat and marinate it with the lemon juice processed with the fresh garlic, salt and pepper.

Keep it covered in the refrigerator overnight or at least for a couple of hours before frying it.



Cut the onions in rounds and then in half. Lately, I do not like to cut the onions too thin, I like them a bit thicker, so when you eat them you can feel them more. Keep them covered and dry, without marinade, in the fridge until is time to fry them.

When ready to fry, prepare two skillet with vegetable oil, put both on top of the stove at medium high heat.

In one skillet you are going to fry the meat after draining off the marinade as much as possible by rubbing a spoon against the meat, or you can even pat dry it with a paper towel, so it can be well fried until the meat is crispy but not burned.

In the other skillet fry the onions and serve the meat with the onions on top.



This is a cut of meat that contrary to what it says on the label, I never cook in the oven. I always cook it inside a covered pot on top of the stove.



THE MANY FACES OF AN EYE ROUND ROAST LAS MUCHAS CARAS DE UN BOLICHE

The same way in which we use our imagination when we are getting dressed, we can also use it for “dressing” this delicious cut of beef.

Cuban Roast beef, “boliche” and stuffed meat are in my humble opinion, the same meat just named and dressed in different ways. There are many ways to prepare this delicious cut of beef which in English is : “Eye Round Roast.”

We get dressed by selecting something from our closet or with some new item that recently got our attention while we were shopping at a store and inspired us. When we have to dress the “boliche” we

are also going to get inspired with what we may find in our fridge, in our pantry or at the grocery store.

The following ingredients are what I will call the basic ones, but as you will see by photos of the different “boliches” I made, you could apply the “inspiration rule” and make many dresses for your eye round roast.

You could add the potatoes or not, I always use them, because my family loves the potatoes that come out



so soft and tasty when you cook them in the same sauce with the meat and all the other ingredients.

I also prefer not to insert anything in the meat, I rather put it around it. But all of that is entirely up to you; whatever you do will taste great. The important thing is to follow the steps that I describe below, and always marinate and sear the meat when cooking it, and add on top of it all the liquids in the marinade, plus cooking wine and some water only if needed, so it will not get dry.

But you could use green onions instead of regular onions, add bacon or not, which if you do, you will cut in pieces and sauté first with a little olive oil, or insert the bacon inside the meat, add parsley, carrots, ham and even prosciutto. In other words, get inspired and use what you have in your kitchen.

And never forget to add all the sauce to the plate when serving it, or serve separately, but do no discard.

For us Cubans the words “boliche,” “carne asada,” or “carne mechada” are the same thing, except that “mechada” is when it is stuffed.

LOWER HEAT
+
LONGER COOKING TIME
=
SOFTER MEAT



BASIC EYE ROUND - CARNE ASADA O BOLICHE BÁSICO

Turn on your “*inspiration light*” (“*se me encendió el bombillo*”, *como decimos los cubanos*) and make different dresses for your beautiful eye round roasts.

Ingredients

5+ pounds eye round roast
 2 green lemons
 1 sour orange
 salt and pepper to taste
 10 garlic cloves
 olive oil
 5 or 6 slices of bacon
 ¾ cup of white cooking wine
 12 medium red potatoes

Enough for 10 servings.



The night before: Clean the meat as usual, discarding the excess fat, rinse well under the faucet and pat dry with a paper towel before marinating. Prepare the mixture for the marinade as usual with the lemons and/or oranges, the mashed garlic cloves, salt and pepper. Marinate the meat and leave it overnight well covered in the refrigerator.

Slice the onion OF YOUR CHOICE in thin rounds or the way I prefer as of lately, in thicker slices, and place them in a separate covered container overnight if you wish to get that out of the way.

The next day pour some olive oil in a deep covered pot, place it on the stove at medium high heat.



Once the oil is hot, sauté the bacon and when done remove them and set aside. Get the meat out of the fridge, lift the meat a little from the container and try to get the garlic off the meat with a fork and let the garlic mix with the adobo below. Lift the meat more so it drips the marinate in the container and then place the meat in the pot with the hot oil and bacon grease and sear it on all sides by rotating it with the fork.

Take the meat out and sauté the onion (or any other vegetable like peppers, green onions, shallots, leeks, etc) in the pot for about 10 minutes or until it gets a golden color.




Pour in the liquids from the marinade and stir for about 5 minutes, add the meat back to the pot. Pour some cooking wine in the container with the marinade and with a spoon remove what was left at the bottom and pour it all in the pot.

Cover the pot and lower the heat to medium low or a 2 (1-10.) Let it cook for at least 2-1/2 to 3 hours turning the meat often and making sure you lower the heat to low (1) midway through the cooking time.

During the last hour add the potatoes.

When ready to serve, slice the meat with a good knife on a cutting board, place the meat in your serving plate with the potatoes, add on top all the other ingredients and the liquids in the pot, (or you could drain them through a strainer on top of the meat and the potatoes, pushing down with a spoon into the strainer to get all the substance through.)

If there is not enough liquid, then add a small dash of water or wine to the pot, scrape the bottom with a spoon and drain that liquid also through the strainer on top of the meat and potatoes. Serve with white rice.



You may add some chopped fresh parsley at the end.



A NEW DRESS FOR A BEAUTIFUL EYE ROUND ROAST UN VESTIDO NUEVO PARA UN PRECIOSO BOLICHE

Ingredients

5 pounds +/- eye round roast
 3 yellow lemons
 salt and pepper to taste
 6 garlic cloves
 olive oil
 ¾ cup of white cooking wine
 one bunch of green onions
 one bunch of parsley
 4 carrots
 12 small red potatoes
 (later on I found some small white potatoes
 and I added them to the pot)

Enough for 10 servings.

After cleaning the roast and discarding the extra fat, I marinated it with 3 yellow lemons (that probably my daughter-in-law Martica had bought since I always buy the green ones) with the garlic as usual and salt and pepper.

Then I used 4 carrots, a bunch of green onions and another one of parsley, which I cut in small pieces, and some red and white small potatoes.

First I seared the “boliche” in a little olive oil. I cooked the “boliche” as usual with the white wine and the olive oil in which I sautéed all the vegetables and the meat.

At the end I blended all the sauce with the parsley, onions and carrots in the food processor and put it on top of the sliced meat with the potatoes. I served it with white rice.



I KNOW, DON'T TELL ME! IT IS ALMOST IDENTICAL TO THE ONE BEFORE BUT THE PHOTOS ARE GORGEOUS!
YA LO SÉ, NO ME LO DIGAS, ES CASI IGUAL QUE EL ANTERIOR PERO LAS FOTOS ESTAN PRECIOSAS.

I have given so many examples because I never cook one “boliche” similar to another one. It is easy to make, goes well with many side dishes, and is always welcome.

Ingredients

- 1 eye round roast 5 pounds more or less
- 4 green lemons
- salt and pepper to taste
- 6 garlic cloves
- 1 large white onion
- a couple of carrots
- olive oil
- ¾ cup of white cooking wine
- one bunch of green onions
- one bunch of parsley
- a few slices of bacon
- some small red potatoes

Enough for 8 to 10 servings.



You can strain the sauce and serve it separately.
 Make sure you serve it hot and stir it well.
 (As you can see I forgot to stir it.)



EYE ROUND ROAST STUFFED WITH PRUNES BOLICHE MECHADO CON CIRUELAS

This “boliche” was dressed with a sweet touch.

Ingredients

2 eye round roast ends
(a little over 2 lbs. each)
4 sweet oranges
salt and pepper to taste
6 garlic cloves
olive oil
¾ cup of sherry wine
one bunch of green onions
one bunch of parsley
a few slices of bacon
a few slices of sweet ham
a bag of dried pitted prunes
some small red potatoes

Enough for 10 to 12 servings.

For this one I inserted prunes into the meat.

I marinated the meat with what I had in my fridge: the juice of normal sweet oranges, then I used green onions instead of regular onions, and sherry wine instead of my regular “vino seco Edmundo” and some bacon and pieces of sweet ham which I sautéed in the olive oil.

I added the potatoes and it was delicious!



EYE ROUND STUFFED WITH HAM AND BACON BOLICHE MECHADO CON JAMÓN Y TOCINETA

Most Cubans like their boliche mechado, and they love it with Spanish sausage chorizo español, which they insert in the middle of the boliche from side to side. We invited some very dear friends to share with us this “boliche.”

Ingredients

1 large eye round roast
3 green lemons
salt and pepper to taste
2 large sweet onions
9 garlic cloves
olive oil
¾ cup of cooking wine
one bunch of parsley
a few slices of bacon
one thick slice of sweet ham

Enough for 8 servings.



I added some orange juice I had in the fridge.

For this “boliche mechado” (stuffed eye round roast) I used the most common marinade: garlic, green lemon juice, salt and pepper. Then I cut a thick piece of cooking ham into 4 vertical pieces, I wrapped each one in a slice of bacon, I made a vertical opening across the middle of the meat from side to side and inserted the pieces of ham and bacon.

The next day I cooked it with the onion, parsley, white cooking wine and I added some orange juice I had in the fridge. I IMPROVISED! I did not add potatoes, I had probably forgotten to buy them and one thing I never do is go to the grocery in the middle of cooking a meal to buy one ingredient because at the



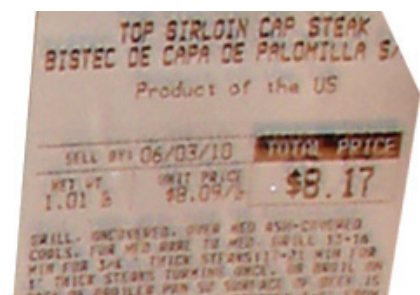
THIN STEAKS WITH ONIONS BISTÉ DE PALOMILLA CON CEBOLLAS

Bisté de palomilla is probably the most popular cut of meat on a Cuban table. My grandson Carli came on March 1, 2013 from the University of Michigan for a week and when I asked him what he wanted me to cook for him, his request was; *congrí* and *bisté de palomilla*. He ate three steaks!

Ingredients

1 thin steak per person, or more depending on the size of the steaks and on how much people usually eat (for Carli definitely prepare three)
the juice of green lemons
garlic cloves
sweet onions, a good amount
salt and pepper to taste
vegetable oil to fry the steaks
vegetable oil to fry the onions

Serve at least one steak per person.



Preparation

Clean the meat getting rid of any fat, nerves, etc. Cut the steaks in half if they are too big. Marinate the steaks with the lemon juice, garlic, salt and pep-



per. Cover them well and put them in the refrigerator overnight.

Cut the onions in slices the way you prefer them. Sometimes I like them thin, sometimes I like them thicker. Depends on my mood! Keep them well covered in the refrigerator. When ready, get two large skillet and pour a small amount of vegetable oil in one to fry the steaks and in the other use a little more oil to cook the onions.

The steaks should be sautéed, never boiled. That's why you must, before placing them in the skillet with the hot oil, try to avoid placing any of the liquid from the marinade in the hot oil by holding the steaks up in the air one by one with a fork above the container in which they are so the liquids drain down, then sauté the steaks in pairs until they get to medium well inside and well done on the outside.

The important thing is not to boil them in the marinade, fry them in the oil!

If it happens that there is more liquid from the marinade than oil in the skillet, clean the skillet with

a paper towel and start to fry the steaks again in the new oil at high temperature. You have to turn the steaks often making sure to take them out once they are done and place them in the serving dish.

When all the steaks have been sautéed, you can pour the marinade in the oil where the steaks were cooking. If the oil is too dirty clean the skillet first with paper towels and add new oil, then cook the garlic and lemon for about 5 minutes, and add it to the steaks.

The same with the onions that you have sautéed in oil at medium to medium high in another skillet, stirring very often so they will not burn, and when done, place in the serving dish around or on top of the steaks with the sautéed marinade.



It is eaten with white rice 99% of the time, with the sautéed onions and the grease from the skillet on top of it.

Most Cubans will add black beans to the dinner plate, or some will prefer it with just French fries (remember the French fries made with fresh potatoes taste and feel a lot better than with the frozen ones).



STEAK SANDWICH - PAN CON BISTÉ

Prepare and cook the steaks and the onions the same way as in “Thin steaks and onions” recipe right before this chapter.

Instead of serving the steaks with rice and beans, you can serve a lighter meal by making a “Steak Sandwich.”

Buy a large loaf of Cuban bread and cut it into pieces according to the length of the steaks or buy individual Cuban breads, already cut for sandwiches which come almost in the perfect size. The amount of bread you buy depends on the number of people you are going to serve and the number of steaks you have ready.

With a good bread knife open up the bread in the middle, without cutting it completely into two and place one steak with some of its sauce along with the sautéed onions inside each bread.

You could spread mayonnaise inside the bread along with slices of lettuce, and slices of nice fresh tomatoes, and put the sandwich in the hot press, but I think it is better if you place the things on the table and let each person prepare their sandwich in their own way.



An important side dish is French fries, the best are the ones made from fresh potatoes and just fried on the spot, if you have the energy and the time to peel them, cut them and fry them (sounds long and tedious but it is definitely worth it!!!) If not you should at least use shoestring potatoes, the ones that come in a can.

A homemade steak sandwich makes a nice lunch after being at the beach, before a short nap or a perfect light supper on a Sunday.





BREADED STEAKS - BISTÉ EMPANIZADO

This recipe, which I learned on my trip to Charlotte, is an example of how what I learned from my dear friend Nelly improved my breaded steaks! I did it the way she does it, I chose the steaks I liked and asked the butcher to pass each one thru the machine to cube them twice.

Ingredients

8 cube steaks
 8 garlic cloves
 ¼ cup apple vinegar
 adobo Goya powder
 saltine crackers unsalted
 1/4 cup of vegetable oil for
 the marinade and 3/4 cup for frying
 1 large splash of olive oil
 3-4 eggs

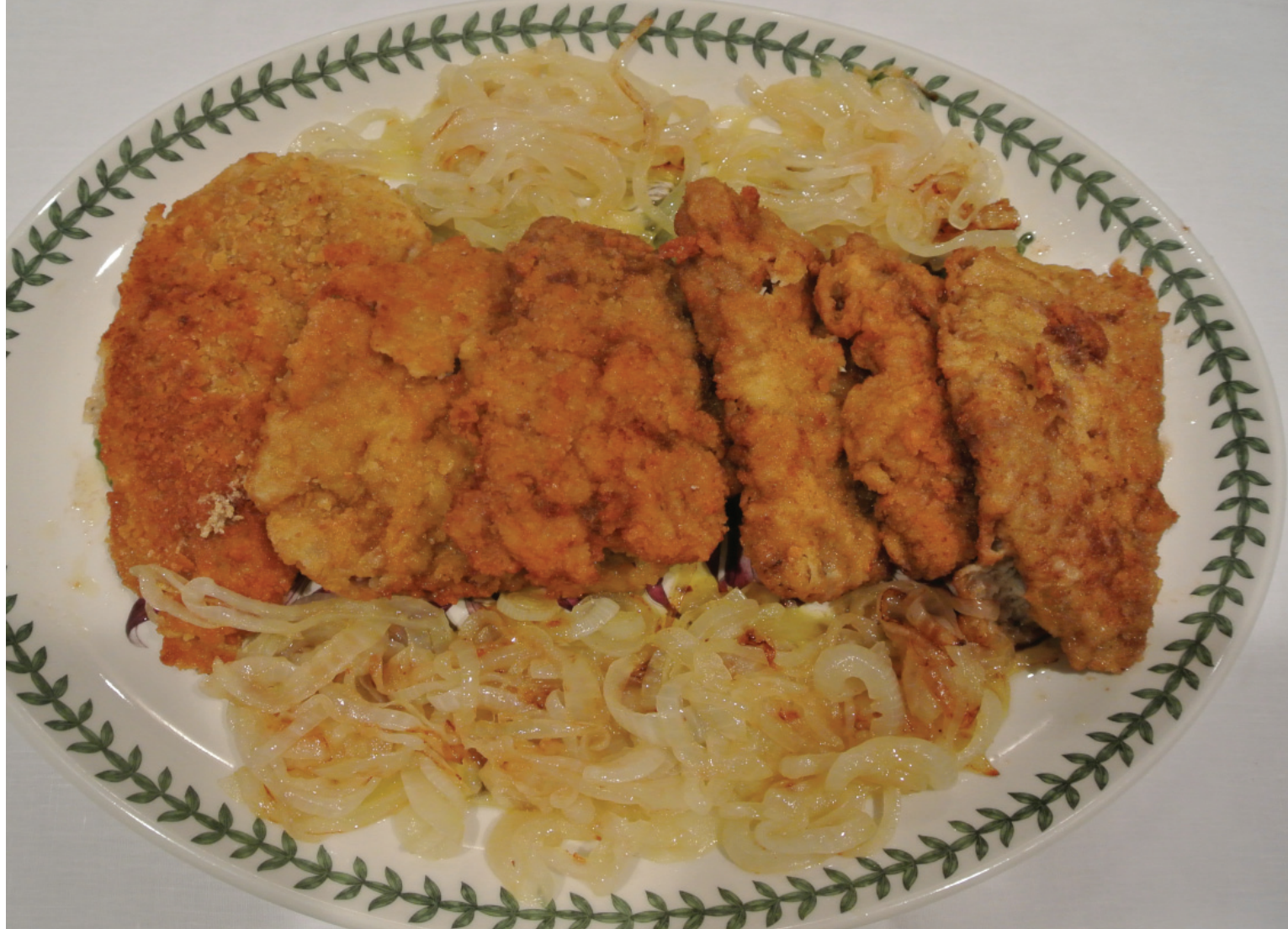
Enough for 8-10 servings.



Preparation

Rinse and pat dry the cube steak with a paper towel so it will not be wet and will absorb the liquid marinade well.

Peel the garlic cloves, cut them in pieces and put them in the processor, then mix by hand with the vinegar, olive oil and 3 tablespoons of the adobo Goya, mix well and marinate the steaks with this mixture on both sides, pressing the mixture against the steak with the bottom of a spoon as to make sure the liquid penetrates well. Keep it in the



refrigerator well covered, preferably overnight, or at least for 6 hours.

The next morning, process the crackers until they are all well grounded and put some of it in two large plates. Then beat three eggs and put them in a soup dish. Get the steaks out of the refrigerator. Prepare a rectangular glass dish and some wax paper.

Start passing the steaks in the egg batter on both sides, then use a fork to get them out and let them drip the excess, then place them into the first dish with the cracker meal, turn it on both sides and get them to the next dish with the cracker meal. With the bottom of your hand try to push the cracker meal all around the steak and as you do that try to make the meat softer by pressing into it.

Repeat on both sides until the steak is perfectly breaded on both sides and on the edges around it and start placing them in the rectangular glass dish. Once you have the bottom of the dish filled with steaks, place the wax paper on top of them and put

another round of steaks so they don't stick to one another.

Half an hour before serving time prepare a skillet with vegetable oil and place on the stove at medium high and cook the steaks, 2 at a time, around 5 minutes on each side until the breading looks nice and golden. Do not overcook. You have to keep watching it. Otherwise it will burn and look horrible. If you are doing a lot of them prepare two skillets.

If you are cooking for a lot of people, discard the oil when it gets too dark and dirty from the loose crackers, clean the bottom of the skillet with some paper towels and pour new oil.

If you want you can fry some slices of yellow onion in oil until they turn a nice golden color, to serve on the side. This [bisté empanizado](#) is great with white rice and black or red beans.



GROUND BEEF - PICADILLO DE RES

Ground beef is probably the most popular and common Cuban dish. It may not be used as often for special occasions, but it is for every day meals.

Ingredients

2 pounds of extra lean ground beef
 1 large yellow onion
 1 green pepper & 1 red pepper (you can use only one color of pepper or both)
 8-10 fresh garlic cloves
 8 oz. can of tomato sauce
 extra virgin olive oil (a splash)
 ½ cup of golden cooking wine
 ¾ cup of raisins
 *7 oz. can of whole red pimientos
 *4 oz. bottle of green olives stuffed w/ red pimientos (pour liquid as well)
 salt and pepper (to taste)
 Enough for 8 servings

Whenever you are buying ground beef for “picadillo” or for any other dish requiring ground beef, try to buy the extra lean ground beef. It is healthier and will taste better.

Once again, the number of pounds of ground beef that you need to buy completely depends on the number of people sitting at the table, make sure the beef is as lean as it comes.

The same goes with the proportion of the other ingredients. Please look at the number of pounds on



The fried potatoes on top are not an essential part of this dish. They are completely optional as are the fried eggs.

the cover of the meat package and think about the number of people, as well as how much they eat, to therefore decide how much to buy. Cooking is like parking a car. It is super easy once you get used to it.

You should always serve ground beef with white rice, of course, and fried bananas. If you want to overdo it, you can also serve black beans, which to me is totally unnecessary. The ground meat has its own sauce, so the beans are not needed.

My sisters and I love to eat the dish with a couple fried eggs over the rice and “picadillo” on the side. My sister, Yoyi, likes to add the fried bananas, while I prefer it with some small square fried potatoes; and of course made with fresh potatoes, never from frozen ones.



My sister Yoyi waiting for the fried eggs and my grandson Carli for the French fries.



Serve hot with white rice.

I bet anything that “picadillo” is listed in 97% of all menus in popular Cuban restaurants around the world. Not including fancy restaurants, such as Café Violetto in Coral Gables (my son Henry’s favorite) with new Cuban cuisine where they cook with ingredients such as mango and other innovative ingredients. A delicious “picadillo” is always found in the popular and typical Cuban restaurants, such as [Versailles](#), [Larios](#) and [La Casita](#).

Preparation

Peel and cut the onion, garlic and peppers in small pieces.

Pour olive oil in a large covered skillet.

Heat the oil and sauté the green and red peppers for 12 minutes at medium to low heat. Stir often so the peppers do not stick to the bottom and get burned. Add the onion and sauté for another 10 minutes, stir often, add the garlic; stir it and sauté for 3 more minutes, then add the ground beef; mix it well with a wide fork, so the meat separates and gets loose, cooking it for about 10 minutes at medium to low heat until the meat looks done. Stir and taste it.

Add salt and pepper to taste, the tomato sauce, green olives and red roasted pimientos (including the liquids,) raisins and cooking wine. Stir well to mix it all, taste often and adjust the salt and wine and once you like how it taste cover the skillet. Cook at low heat for another 10 minutes.



MEAT LOAF - PULPETA DE CARNE

Ingredients

4.5 lbs. of extra lean ground beef
 1.5 lbs. of ground pork
 3/4 lbs. of sliced sweet ham*
 salt and pepper to taste
 12 eggs
 cracker meal**
 1 head of garlic
 2 green lemons for juice
 1 bunch of parsley
 1/3 bunch of dill
 bacon slices
 sherry cooking wine
 golden cooking wine
 6 yellow onions, half to mix with the meat and the other half to be sliced and sautéed with the meat loaves.

Enough for 20-24 servings.

*You have to ground the ham at home.
 Fresh ground ham is not available at groceries.

**You can use the cracker meal already prepared or use fresh saltines and ground them.

I prepared this enormous amount of food because my son Henry had invited some relatives and friends for dinner, and when teenagers are also involved I really like to be prepared with plenty of food. You never know how many of them are coming, and they eat a lot.



The main dish was going to be liver Italian style, something I like a lot but a dish we do not cook very often. It was a very popular dish in Cuba and something I learned to eat since I was a small girl when it was cooked by Caridad. If you don't get a taste for it when you are small then it will be difficult to acquire it later on. Some of the guests we were expecting like it as much as I do, and since we were celebrating my granddaughter Courtney's birthday, I decided to do it.

Since not everyone is a liver fan I decided to make an additional main dish and I came up with a meat roll which is a lot like the American meat loaf. Of course, we had more teenagers than we expected and most of them did not eat liver. Although they did pick into the liver a lot, the meat loaf was a success. I had made five or six loaves but after realizing it was too much I saved two of them for the

next day. The next day I prepared them differently, I served them cold and at the end I will explain how I did it after this recipe.

Preparation

Mix the ground beef and the ground pork in a large bowl.

Peel and cut the garlic and process it in the Cuisinart with the lemon juice.

Peel and cut half of the onions in small pieces and process them in the Cuisinart with the herbs.

Add the ham cut into pieces and one egg and process in the Cuisinart, then mix it with 8 eggs previously beaten, and add the garlic with the lemon juice, mix well.



Pour all of that on top of the ground beef and ground pork, add salt and pepper to taste and mix it well with your hands.

Start pouring the cracker meal little by little to the meat mix and mix it with your hands so the meat absorbs the cracker well. Once you feel that it has the right consistency, which is not too soft and not completely hard, then make several large loaves.



How to cook the meat loaf



Cut a few slices of bacon into squares. Then choose a covered pot in which the number of meat loaves you are going to cook will fit in. I have a large oval pot which sit over two burners and I love it. Place it on the stove at medium high heat and pour some olive oil in it, and when the oil is hot cook the pieces of bacon until they get brown, then remove them and set them aside. Add the slices of onion and sauté them until they are golden brown.

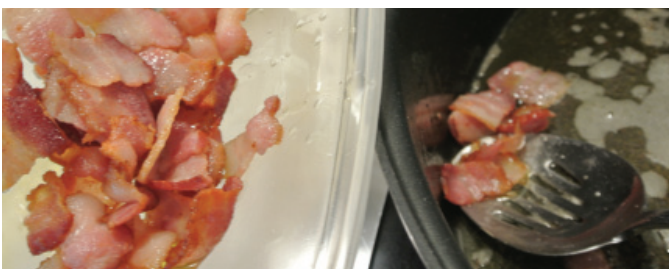


Get a skillet and pour some olive oil to heat, then place the meat loaves one by one and brown them on all sides being very careful not to break the loaves. You might need to use two spatulas to roll the meat.



Once each loaf has been browned, transfer them to the covered pot with the onions. Pour some golden cooking wine and some sherry wine, cover the pot, lower the heat to low and let it cook for about 45 minutes.

Be sure you turn the meat loaves often and make sure the temperature is not too hot, and if necessary add more of both wines.



When it is done, lower the temperature to warm and add the pieces of bacon. Serve sliced and hot with all the sauce on top. You can accompany it with white rice. By now you must have realized that we eat most of our Cuban dishes with rice.

UNCOOKED MEAT LOAF ROLL COOKED AS COLD MEAT PULPETA CRUDA COCINADA COMO CARNE FRÍA

I wrapped each roll twice with aluminum foil and cooked them for about one and a half hours in boiling water in a covered pot. I pulled them out, held them to drip the extra water and let them cool off for a while with the foil first and then without the foil until they were not hot at all. I covered them

with Saran Wrap, and placed in the fridge until they were cold enough to be sliced. You can serve them as an appetizer with mayo, ketchup, mustard, and crackers. **Never cover them while still hot, the vapor will get the meat wet and soggy.**





MEAT LOAF WITH CHEESE - PULPETA CON QUESO

My family's favorite meat loaf. I had forgotten this meat loaf and my son Raul reminded me of it and how much they like it, so here it goes.

¡No!, se me olvidaba esta receta.

Ingredients

- 2.5 pounds of lean ground beef
- 1 pound of ground pork*
- 1 sweet onion
- 1 red pepper
- 2 shallots or 6 garlic cloves or both
- saltine crackers (half a box)
- 5 eggs
- 1 package of American cheese**
- 1 med. size can of tomato sauce
- salt and pepper to taste
- *You could use ham instead of pork
- **I also used some shredded cheddar cheese



Enough for 12-14 servings



Preparation

Cut the onions, red pepper and shallots in small pieces. Ground the saltine crackers in the food processor and set aside.

Ground the onions, red pepper, shallots and/or garlic in the food processor with the 5 eggs.

In a large bowl mix the ground beef and the ground pork, add the onions, peppers, shallots and eggs to the mixture and mix well, sprinkle some salt(1 tsp.) and pepper, and add the cracker meal, mix well.

Take some of the meat mixture and place it in a little skillet if you need to make one lactose free, divide the rest of the mixture into two parts and place each one on a skillet. Press it well leaving a space all around between the meat and the skillet sides, like a ditch.

Arrange half of the package of American cheese on top of the meat on each skillet and pour some tomato sauce all around the meat. I added some cheddar

cheese on top because the American cheese was not enough to cover the entire top. You can prepare it the day before and keep it covered in the refrigerator.

About an hour before serving, place the covered skillet on top of the stove and cook for around 45 minutes at low heat until done. We serve it of course with white rice, but you can serve it instead with congrí or with a green salad.





found a treasure! I felt happy and lucky; I was going to cook stuffed peppers at last!

I went home with my bags full of all those marvelous things, took a long nap and went to the grocery to buy all the other ingredients and get to work. It is a rare Sunday when I do not have to show houses. I was not feeling too well and had decided to rest, but nothing is better for me to get rid of stress and get going again than getting in the kitchen.

My son and his family were away for the weekend so I did not have to worry about the house smelling like onion and garlic, so I was in heaven.

I love to get home with all the different fruits, vegetables, flowers and plants that I buy at the open market and admire them once more.





STUFFED PEPPERS WITH WHITE RICE AND GROUND BEEF AJÍES RELLENOS CON ARROZ BLANCO Y PICADILLO

When buying the peppers for this dish, try buying the ones with a pretty flat bottom so they can sit straight; try to avoid the ones that are pointed on the bottom. Any color is fine, they are all beautiful! This is a very colorful dish.

I don't know what those four eggs are doing in the photo! But you might as well boil them and use them as garnish.

Ingredients

1 pepper per person, plus maybe 2 extra if more that 8. The peppers could be red, green, orange or yellow, pick the nicest!
 1 large can of chicken broth
 freshly cooked white rice (1 cup for 5 peppers)
 aluminum paper
 ground beef, 1/4 lb. per 8 peppers.

Preparation

Cook some white rice. I prefer not to eat old white rice. Not even for stuffed peppers. Please make fresh rice. I like rice too much to do that and it takes very little time to make a new batch. The amount depends on the number of peppers. I would calculate 1 cup of rice for 5 peppers.



Completely cook the ground beef “picadillo,” as per the recipe for ground beef on this book. For the ingredients, I will calculate 1¼ pounds of beef for 8 peppers and the other ingredients accordingly. You could prepare the ground beef the day before and refrigerate it or do it with any leftover.

While the rice and the “picadillo” are being cooked, cut a large lid off the top of the peppers, clean the inside, discard the seeds and the whitish veins, wash them, dry them and place them aside. You can get rid of the tops or cut them and save them for a future “sofrito”.

Once the rice and “picadillo” are completely cooked, mix both in a bowl. Then stuff the previously cleaned raw peppers with the mixture.

After you stuff the peppers, place them inside a pot with lid. Try to place them as close to one another as possible. If you see one that looks like it could turn over on the side and spill, place some crushed aluminum paper around it and in between the adja-

cent peppers. Make sure they cannot turn and spill their stuffing into the pot.



Pour some chicken broth around the stuffed peppers to fill up about 1/3 of the height of the peppers. Cover the pot and cook on the stove at medium low to low heat for about 45 minutes or until the peppers are cooked. Remember the picadillo is cooked and so is the rice.





WHOLE TENDERLOIN - FILETE ENTERO

Very easy to make. Do not bake it until one hour before you are ready to eat. You can serve it with white rice, with a baked potato or with my puree of potato, [malanga](#) and pumpkin (recipe on volume two) which is the way my grand kids prefer it.

Ingredients

1 whole tenderloin (the one in the photo weights 5.74 pounds)
 regular salt or coarse salt
 pepper
 butter or margarine

Enough for 8 servings.

You can also do it plain, without any of the ingredients above and it will also taste great.

Preparation

Take the meat out of the freezer the night before, then clean it in the morning. They usually clean it at the grocery but after that I clean it more at home getting rid of excess grease and other unwanted thick skin you might encounter.

Rinse it, pat it dry with a paper towel and sprinkle the salt all over it, turning it around, do not overdo it, remember it is horrible if at the end it comes out salty. You can add salt but you cannot take it out once it has been cooked.

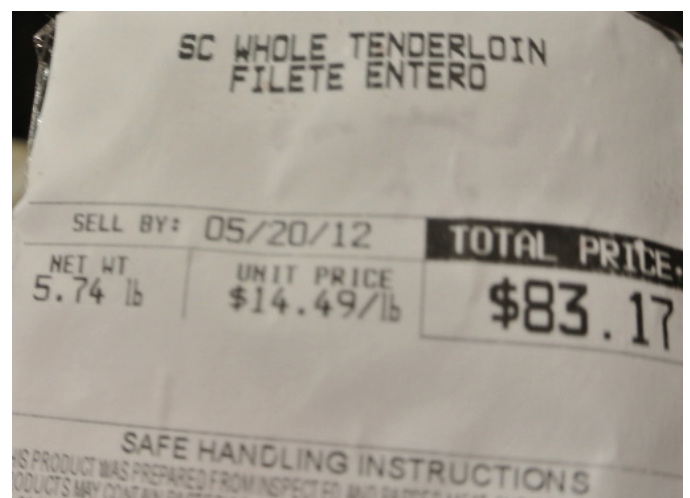


Then sprinkle the pepper if you are going to use it. Cover it well and keep it in the refrigerator until about 45-60 minutes prior to the time you are going to serve it.

When you are ready to serve it, turn the oven on bake at 350 °F, once it has reached that temperature, get the meat out of the fridge, place the butter or margarine on top of the meat, place it in the oven uncovered for 20 minutes, turn it around and cook it for another 20 minutes, then move the tray higher to place the meat closer to the top of the oven, change it to broil HI and broil the meat with the oven door half opened, looking at it every 2-3 minutes so it will not burn, and turn it several times so it will broil on all sides, always keeping an eye on it. The meat must be red inside.

DO NOT OVERCOOK IT OR YOU WILL RUIN IT.

Cut it in medium thick slices and serve it with all the juice on top.



Serve small portions, let people go for seconds. I get sad when I see plates with more food than what someone can eat. Prevent wasted food. This observation applies to all dishes.

If any person being served do not like the meat that red inside (raw) you can also place a couple of slices back in the oven for one or two minutes so it cooks a little bit more.



BEEF TENDERLOIN MARINATED IN OLIVE OIL AND MONTREAL STEAK SEASONING
FILETE DE RES ADOBADO EN ACEITE DE OLIVA Y SAZONADOR DE MONTREAL STEAK

You can do one or as many beef tenderloins as you want at the same time.

Ingredients

- one whole beef tenderloin
- salt and pepper
- olive oil
- Montreal steak seasoning

One whole tenderloin is enough for 8 servings. The meat on the photo should be enough for 24 servings.





LAMB RIB CHOPS - CHULETAS DE CORDERO

You should calculate at least three chops per person, then calculate all the other ingredients accordingly. The lemon is optional, if you want to add lemon, just a few drops will do.

Ingredients

10 lamb chops
 garlic and herb butter
 sea salt
 pepper
 1 shallot
 9 cloves of fresh garlic
 1 bunch of green onions
 1 tray of fresh asparagus
 green lemon, optional
 Sherry cooking wine
 water

Enough for 3 servings.



Preparation

Clean and cut the green onions, the shallots and the garlic in small pieces. Rinse the chops, and dry with a paper. Sprinkle salt and pepper on both sides.

Place 4 tbsp. of butter in a skillet on medium high, when the butter has melted sauté the green onions, the shallots and the garlic, then place the chops on top and cook for about 20 minutes at medium high, making sure you turn each one of them a few times until they have browned well and are done.



In the meantime, cut about an inch from the top or coarse part of the asparagus and place them in a pot with boiling water with salt, pepper and 1 tbsp. of the butter until soft.

Once you are ready to serve, place the asparagus on the serving dish and place the chops with the onions, garlic and shallots on top. Pour a little bit of sherry cooking wine and a drop of water on the skillet in which the chops were cooked and stir the bottom to get all the taste out, then pour on top of the dish.

Decorate with any fresh tomatoes you can find in your fridge, either cherry ones or a tomato cut in pieces.





LIVER ITALIAN STYLE- HÍGADO A LA ITALIANA

In Spanish, when someone is really a hideous person we say: “He is a liver” (Es un hígado). That is because liver is hard to digest.

Ingredients

- 3 lbs. deveined calf liver
- 2 large yellow onions
- 2 large green peppers
- a few cloves of garlic
- 1 cup of golden cooking wine
- ¼ cup of flour
- 5 bay leaves
- salt and pepper to taste
- 1/3 cup of apple cider vinegar
- extra virgin olive oil

The liver is never cooked with tomato sauce!

Enough for 10 servings.

One of my favorite dishes ever. Most people either love liver or hate it.

When buying liver always get calf liver. It is more expensive but softer.

Liver is not very nice to handle when raw because of the amount of blood and it is also not pleasant to the touch when marinating it. But, once you pass that it is delicious to eat if you have acquired a taste for it since an early age.

Again, like in most recipes, the amount of liver you should buy depends on the amount of people



you are going to serve. You should use the rule of thumb of one liver steak for two persons and buy the rest of the ingredients proportionately. Also you do not want to have leftover liver, you should never serve liver from the day before. It gets hard after a while. It should be served as soon as it is cooked.

You should use almost the same amount of liver as of onions and green peppers combined and it is important to have enough sauce to pour over the rice.

Preparation

Rinse the liver steaks and pat them dry on both sides with a paper towel.

Cut the liver in slices discarding any ugly portions with nerves.

Put the liver slices in a bowl.

Mix the wine, vinegar, flour, garlic, salt, pepper, and bay leaves. Pour the mix over the liver mixing it well. On the very top place the onions and the green peppers also cut in slices.

Cover and put in the refrigerator until ready to cook.

When almost ready to eat, heat the oil in a skillet, pour the peppers first and sauté them for about 10 minutes then add the onions and sauté them until they get a golden color. At the very last minute add the liver with all the other ingredients and cook for about 7 minutes, stirring often so the liver cooks well on all sides.

Serve with white rice!