

Venezuelan

Main Courses

Traditional

Venezuelan Asado

Negro

⌚ Prep: 25m

🔥 Cook: 142m

❄️ Rest: 2h

Σ Total: 287m

🍽️ 6 servings



MISE EN PLACE / INGREDIENTS

[11]

- ☐ 3.5 lbs Beef Eye of Round Roast
- ☐ 0.75 cup Grated unrefined panela (papelón) (Goya Panela)
- ☐ 1 cup Dry red wine
- ☐ 2 cups Rich beef broth (or water)
- ☐ 2 large Yellow onions, finely grated or diced
- ☐ 6 cloves Garlic cloves, crushed into a paste
- ☐ 3 tbsp Worcestershire sauce (salsa inglesa) (Lea & Perrins)
- ☐ 1 tsp Ground cumin
- ☐ 3 tbsp Neutral vegetable oil
- ☐ 2 tsp Kosher salt
- ☐ 1 tsp Freshly ground black pepper

🛒 US SUPERMARKET BRAND GUIDE

Panela: Goya Cane Sugar Panela

High molasses content for deep color. • 📍 Hispanic aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Marinate Roast (2 Hours)

⌚ 25 min

Rub the beef eye of round roast all over with grated onions, crushed garlic, Worcestershire sauce, ground cumin, kosher salt, and black pepper. Marinate covered in the refrigerator for 2 hours (120 minutes).

✓ Checkpoint: Deeply seasoned roast.
- 2

Dark Papelón Sear

⌚ 12 min

Scrape marinade off the beef and reserve it. Heat neutral oil and grated panela in a heavy Dutch oven until bubbling and dark amber; sear the roast on all sides for 12 minutes until blackened and glossy.

✓ Checkpoint: Glossy dark mahogany crust.
- 3

Slow Wine & Broth Braise

⌚ 2h (120m)

Pour in the reserved onion-garlic marinade, dry red wine, and 2 cups beef broth. Cover tightly and braise over low heat for 2 hours (120 minutes) until fork-tender (195°F–205°F / 90°C–96°C).

✓ Checkpoint: Fork-tender roast.
- 4

Slice & Glaze

⌚ 10 min

Slice the roast against the grain into 1/2-inch medallions and simmer 10 minutes in the reduced velvety black sauce.

✓ Checkpoint: Glistening medallions.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) USDA SAFE MINIMUM FOR WHOLE-CUT BEEF AND PORK (WITH A 3-MINUTE REST)**

USDA Food Safety Minimum (≥145°F / 63°C) vs Culinary Collagen Target (195°F–205°F / 90°C–96°C): While whole-cut beef and pork are pathogen-safe at 145°F (63°C), slow-braised and roasted cuts must reach 195°F–205°F (90°C–96°C) so tough connective collagen melts into silky, fork-shreddable gelatin.

👁️ **MASTER DONENESS CHECKPOINT:**

Tender beef medallions smothered in thick, sweet-savory mahogany gravy.

🔬 **WHY IT WORKS:**

Panela Flash Sear: Browning raw cane sugar creates complex bitter-sweet pyrazines.

⚠️ **TROUBLESHOOTING:**

Too sweet: Add splash of dry red wine and apple cider vinegar.