

Cuban / Caribbean

Main Courses

# Traditional Caribbean Shredded Beef (Ropa Vieja)

⌚ Prep: 25m 🔥 Cook: 60m Σ Total: 85m 🍽️ 6 servings



## COOKING SEQUENCE & CHECKPOINTS

1

**Pressure Cook & Shred**

⌚ 32 min

Pressure cook flank steak in 6 cups water or beef broth with 2 bay leaves, 1 tsp kosher salt, and 0.5 tsp black pepper for 32 minutes until internal fiber temperature reaches 202°F–205°F (94°C–96°C). Hand-shred into long strands and reserve broth.

✓ Checkpoint: Long pliable beef shreds and rich reserved stock.

2

**Criollo Pepper Sofrito**

⌚ 6 min

Heat 3 tbsp extra-virgin olive oil in a caldero and sauté sliced onions, bell peppers, and minced garlic with the remaining 1 tsp kosher salt for 6 minutes until sweet and soft.

✓ Checkpoint: Sweet glossy peppers.

3

**Tomato Paste, Spices & Wine**

⌚ 2 min

Stir in concentrated tomato paste, 1.5 tsp ground cumin, and 1 tsp dried oregano; fry 2 minutes to caramelize, then deglaze with dry cooking wine.

✓ Checkpoint: Aromatic red reduction.

4

**Simmer with Olives & Capers**

⌚ 20 min

Add the shredded beef, 1 cup reserved strained broth, 0.5 cup green Spanish olives, and 2 tbsp capers. Simmer uncovered for 20 minutes until thick and glossy.

✓ Checkpoint: Rich saucy shredded beef studded with olives and capers.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: SAFETY ≥145°F (63°C) | TEXTURE TARGET: 202°F–205°F (95°C) COLLAGEN TENDERNESS FOR SHREDDING**

USDA Beef Safety Minimum: ≥145°F (63°C) internal temperature; hold braised shredded beef at ≥140°F (60°C) during serving or chill below 40°F (4°C) within 2 hours.

👁️ **MASTER DONENESS CHECKPOINT:**

Tender beef shreds glistening in thick savory-sweet tomato pepper sauce.

🔬 **WHY IT WORKS:**

**Collagen-Rich Broth Reduction:**  
Simmering the shredded meat in its own reserved beef cooking broth deepens natural savoriness.

⚠️ **TROUBLESHOOTING:**

**Overly tart sauce:** Add 1/2 tsp brown sugar and simmer 5 minutes.

## MISE EN PLACE / INGREDIENTS [15]

- ☐ 2.5 lbs Beef Flank Steak or chuck roast

☐ 2 whole Red and green bell peppers, sliced into strips

☐ 2 large Yellow onions, sliced

☐ 6 cloves Garlic cloves, minced

☐ 0.75 cup Dry Spanish cooking wine (Vino Seco) (El Sembrador)

☐ 3 tbsp Concentrated tomato paste (Goya)

☐ 0.5 cup Green pimiento-stuffed Spanish olives (Goya)

☐ 2 tbsp Non-pareil capers, drained (Goya)

☐ 1.5 tsp Ground cumin (Badia)

☐ 1 tsp Dried oregano

☐ 2 leaves Dried bay leaves

☐ 3 tbsp Extra-virgin olive oil

☐ 6 cups Water or low-sodium beef broth, for braising

☐ 2 tsp Kosher salt

☐ 0.5 tsp Freshly ground black pepper

## 🛒 US SUPERMARKET BRAND GUIDE

**Cooking Wine:** El Sembrador Vino Seco  
Standard Caribbean cooking wine for balanced acidity. • 📍 Hispanic specialty aisle.