
Chef's



TABLE

With Chef Porfirio Robles

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Slow Braised Beef Barbacoa

Ingredients

- 10 Guajillo Peppers (no seeds)
- 10 Anchos Peppers (no seeds)
- 5 C. Wat
- 1/3 C. Distilled Vinegar
- 1/2 C. Chopped Onion
- 3 Each Garlic Cloves
- 3 tsp Ground Cumin
- 1 tbsp Dried Oregano
- 2 EA Bay leaves
- Salt/Pepper to taste

Directions:

- **Prepare the beef:** Cut the beef into large cubes. In a large skillet over medium high heat and add the vegetable oil in it. Sear the beef on each side. Once that has been done, transfer the beef to your slow cooker, pot (if cooking in stove) or hotel pan if you are cooking in the oven.
- **Blend the seasonings:** First, put the toast peppers in a comal or Sauteed pan. Transfer them to a pot and simmer them with onions and garlic. In a food processor add peppers, garlic, cumin, onion, oregano, salt, pepper. Press pulse until blended. Strain the mixture and then pour it on top of the meat.
- **Slow Cook:** Cook the meat on low for about 4 to 6 hours or until tender. Shred the meat with two forks if purpose is tacos, Nachos, or rice bowl. Leave 4 oz portions if you want to prepare a nice dinner dish.

Mashed Black Beans

Ingredients

- 16 OZ can of black beans
- 1 tbsp. extra virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 large white onion, chopped (about 1 1/2 cups)
- 1 clove garlic, minced
- 2 teaspoon Cumin
- Salt/ Pepper to Taste

Directions:

- Heat a tablespoon of olive oil in a large thick-bottomed pot. Add cumin in the pot. Once the cumin is sizzling, add the chopped onion. Cook for 5 minutes or so, until translucent. Add the minced garlic and cook for a minute more. Add the cooked black beans to a frying pan. Use a potato masher to mash the beans in the pan or emersion blender if available. Season it with salt and pepper to taste. Let them cook 3 to 4 minutes longer.

Pickled Red Onions

Ingredients

- 1/2 cup apple cider vinegar
- 1 tbsp. sugar
- 1 1/2 tsp. kosher salt
- 1 red onion, thinly sliced

Directions:

- Whisk first 3 ingredients and 1 cup water in a small pot until sugar and salt dissolve and water boils. Place onion in a container; pour vinegar mixture over. Let it sit at room temperature for 1 hour and refrigerate for later use.