Carne Seca
Recipe: Melissa Schenker/Foodie for Two
Serves two foodies plus leftovers
(250F degrees/Meat: 6 hours cooking time; 1 hour cool & shred meat/Sauce: 45 minutes prep & cook)

Ingredients:
Meat:
- 3 ½ to 4 pound piece of London Broil
- Olive oil or vegetable oil
- Salt
- Pepper
- 6 cups water (will yield 2 cups meat juices from pan)

Sauce:
- 4 to 5 tablespoons olive or vegetable oil
- 3 medium Poblano (pasilla) peppers, diced (remove seeds and stems)
- 1 jalapeno pepper, finely diced
- Salt
- Pepper
- 1 medium yellow onion, diced
- 1 medium clove garlic, minced
- 1 ½ cups canned crushed fire-roasted tomatoes
- 2 cups meat juices from pan

Directions:
Cook the Meat: Heat oven to 250F degrees and position a rack in the middle of the oven. Place a baking sheet rack in a sheet pan. Add a light drizzle of oil to both sides of meat and season well with salt and pepper. Place meat on baking rack and put sheet pan on middle rack of oven.

Bake the beef in the oven for 6 hours, turning every 1 ½ hours, until the meat is dry and can be easily pulled apart with a fork. Beef should dry out completely and slowly. After 2 hours of cooking, add 3 cups of water to bottom of pan to create a sauce. When the pan is deglazed about 30 to 45 minutes later (if needed, scrape the bottom with a rubber spatula to get cooked bits), pour off liquid into a measuring cup and return sheet pan to oven. Another hour later, add 3 more cups of water to pan and let cook for an hour and pour off juices. When meat is done, remove from oven and let cool for about 10 minutes.

Shred meat by hand or with two forks. Return to sheet pan (without the rack) and broil on high for of 5 to 8 minutes. Set timer for 2 minute increments, stir meat and repeat process two to three more times or until the meat pieces are slightly crispy.

Make the Sauce: While the meat is cooking, get all the vegetables prepped and store on cutting board or in bowls, covered with damp paper towels. Start sautéing the peppers when halfway done shredding the meat.

Heat a large skillet over medium heat with 3 tablespoons olive oil. When hot, add the diced Poblano peppers, diced jalapeno, ¼ teaspoon salt and 1/8 teaspoon pepper. Stir well and sauté for about 10 minutes until peppers just start to soften. Reduce heat to medium-low and add the onions along with 1 tablespoon olive oil and a good pinch of salt and pepper. Continue to sauté, stirring often until vegetables are tender, 15 to 20 minutes. Stir in garlic and cook for about 30 seconds. Add tomatoes, a pinch of salt and pepper, all the meat juices and stir well. Increase heat to medium and bring to a boil, reduce heat to low and let simmer while finishing the meat.

When the meat is done broiling, add directly into the sauce. Stir well and let cook over medium heat for 15 minutes to allow meat to absorb the sauce. Serve hot. Freeze any leftovers for up to one month.

- Serve Carne Seca in tacos (flour or corn), tostadas, burritos, enchiladas or a topping for cheese crisps.
- Garnish with salsa fresca, avocado, jalapeno and fresh cilantro.