

CARNE HASADA EYE OF ROUND-CUBAN STYLE

MARINADE MEAT NIGHT BEFORE. PRESSURE COOKER, 35 MIN ON MED, 40- MIN ON MED.

7- LB EYE OF ROUND

1- TS OLIVE OIL

6- CARROTS

2- ONIONS, CUT IN WEDGES

1- TS, FRESH GARLIC-CHOPPED

½- TS, THYME

1- BAY LEAF

½- TS, OREGANO

¼- TS, CUMIN

¼- TS, PAPRIKA

½- CUP, RED WINE

½- CUP, TOMATO SAUCE

STEP 1

MARINADE MEAT THE NIGHT BEFORE, WITH FRESH GARLIC, OREGANO, PAPRIKA, BAY LEAF, ONION, CUMIN, AND THYME.

STEP 2

SECOND DAY. BROWN MEAT WITH OLIVE OIL IN PRESSURE COOKER, UNCOVERED. INSERT A CARROT IN THE MIDDLE OF THE MEAT. ADD -1/2- CUP RED WINE, ONIONS.

COVER PRESSURE COOKER. COOK ON MED. HEAT, 35- MIN.

STEP 3

CAREFULLY BRING COOKER TO SINK AND POUR COLD WATER OVER LID UNTIL THE PRESSURE GAGE HAS DEPRESSURIZED.

TAKE MEAT, SET ASIDE, USING SAME MEAT SAUCE-SAME POT, ADD TO PRESSURE COOKER, POTATOES, QUARTET, PIMIENTOS AND TOMATO SAUCE, COOK OVER STOVE. WHEN POTATOES ARE DONE, SLICE MEAT, ADD POTATOES ON SIDE OF SLICED MEAT, POUR GRAVY OVER EVERYTHING.

PREP TIME=0.20

COOK TIME=0:50

Marta Zacek