



Mexico City, Mexico
June 30, 2020

Bison Meat *Ropa Vieja* and Serrano Chili Pepper Salsa

Use of this *ropa vieja* bison meat dish: as filling for tacos, *torta* sandwiches, *quesadillas*, on *tostadas*, and others

Ingredients:

Meat Preparation:

- 2.2 pounds bison chuck flap meat
- 1/4 onion, cut into chunks
- 1/4 bell pepper, cut into chunks
- 3 garlic cloves, whole
- 2 table spoons of cooking oil
- salt, as needed
- 1/4 gallon of water, as needed

Sauce:

- 2 tablespoons of pig lard
- 2 chopped onions
- 1 finely chopped garlic clove
- 4 roma tomatoes, cut in quarters
- 2–4 *chipotle* chili peppers
- 1/2 bell pepper, cut into chunks
- 1 cube of bouillon seasoning
- 1 teaspoon of soy sauce
- salt, as needed

Salsa:

- 2–3 *serrano* chili peppers
- 3 roma tomatoes (red conventional kind)
- 1 garlic clove, whole
- 1/4 onion
- 1 pinch of salt

Side Dishes and/or Pairings:

- Rice serving, hand-made corn tortillas, or Mexican baguette (known as *birote/bolillo/torcido* in Spanish)
- Unaged or aged *mezcal* liquor with half-wheels of orange or grapefruit and large-grain salt

Meat Preparation Instructions:

- It will take some extra effort to get the bison meat to be soft enough to shred. Thus, it is recommended to use a pressure cooker to get the meat soft enough, which will take approximately 1.75 hours. Place all ingredients (bison chuck flap meat, onion, bell pepper, garlic, cooking oil, salt, and some water, as needed)
- Let meat cool and then shred (lightly break apart with hands).

Sauce Preparation Instructions:

- Combine ingredients (lard, onions, garlic, tomatoes, *chipotle* chili peppers, bell pepper, cube of bouillon seasoning, soy sauce, and more salt, as needed) and shredded, cooked meat. Place in frying pan for 10–15 minutes under medium-to-low heat. Add salt, as needed.

Salsa Preparation Instructions:

- Roast most ingredients (*serrano* chili peppers, roma tomatoes). Combine roasted ingredients with garlic, onion, and salt. Lightly blend in electric blender to allow for some chunky consistency.

Lady Tacos de Canasta

