



Lomo Saltado

Featured on October 12, 2019 for “Salsa con Salsa” demo with Chef Daniela Hurtado

Lomo Saltado

Recipe courtesy of Chef Daniela Hurtado-Castro

Yield: 2 servings

Ingredients

½ pound beef tenderloin/filet, cut into 1-inch cubes
1 medium red onion
2 small plum tomatoes (very firm)
1 clove garlic, minced
½ bunch scallions
¼ bunch cilantro, finely chopped
¼ bunch parsley, finely chopped
½ teaspoon ground black pepper
4 tablespoons soy sauce
¼ cup beef stock
3 cups vegetable oil
1 pound Idaho potatoes

Directions

Season the meat with salt, pepper, garlic and half of the soy sauce. Marinate in the fridge for 30 minutes.

Cut onions and tomatoes into 1-inch slivers.

Take only the green part of scallions and slice it the same size of the onions and tomatoes.

Peel and cut the potatoes into 1- by 2½-inch sticks. Deep fry.

In a large wok or skillet, add 3 tablespoons of vegetable oil and let heat very well. Turn the heat up to high, add the meat and sauté vigorously until the meat gets a nice brown color. Remove the meat from the wok/skillet. Put the wok back on the heat, add half of the stock to recover all the meat flavors and add this juice to the meat.

In the same wok, add 2 tablespoons of vegetable oil and sauté the onions quickly, for about 1 minute. Remove from the heat before they turn brown and add them to the meat.

Using the same wok, heat 2 tablespoons of vegetable oil and sauté the tomatoes and scallions quickly, for about 1 minute and add to the meat.

Place the reserved meat with the mixture of vegetables in the same wok and add the cilantro and parsley; turn the heat up and season with a pinch of pepper, salt to taste and the other half of the soy sauce. Sauté vigorously for 2 more minutes and remove from heat.

To serve, place the lomo saltado on one side of the plate, and put the fries next to it, alternatively, serve the fries under the lomo saltado, in that way the fries will absorb all the juices of the meat.



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