



## Lomo Saltado con Arroz

### Soy Stir-Fried Beef with Rice

Serves 4



Jason Varney

When I was a kid, my mom picked up on lomo saltado from her Peruvian friend, Armida, and Ecuadorianized it (dialing down the chiles) into one of my family's favorite meat-and-potatoes dinners. I remember the sound of the potatoes hitting the frying oil, then the fantastic aroma that filled the house when my mom tossed the onions, peppers, and meat into her big cast-iron skillet, followed by a bunch of cilantro right at the end. I've switched up the order, frying up the meat first so that the beefy flavor in the pan infuses the potatoes. You can prepare the soy glaze in advance; it will keep in an airtight container in the refrigerator for up to 3 weeks and also works well as a marinade for chicken or vegetables, or a sauce for fried rice. Xiao xing, Chinese cooking wine, is readily available in most Asian groceries. If need be, you can substitute additional dry sherry.

—Jose Garces

From *The Latin Road Home* by Jose Garces, Lake Isle Press, 2012

#### INGREDIENTS

##### SOY GLAZE

- 1 tsp vegetable oil
- 1 Tbsp thinly sliced peeled fresh ginger
- 3 Tbsp thinly sliced garlic
- 1 tsp crushed red pepper
- 2 Tbsp dry sherry
- 1/4 cup xiao xing wine
- 1/2 cup light soy sauce
- 1/2 cup water
- 2 Tbsp honey
- 2 Tbsp light sesame oil

##### STIR-FRIED BEEF

- 1/2 cup + 3 Tbsp vegetable oil
- 2 lb beef tenderloin, cut into thin strips
- Kosher salt and freshly ground pepper
- 1/2 lb russet potatoes, peeled, cut into 1/4-inch sticks, boiled 5 to 7 minutes in lightly salted water, and drained
- 2 red bell peppers, cut into thin strips
- 1 large red onion, cut into thin strips
- 2 plum tomatoes, seeded and cut into thin strips
- 1/4 cup fresh cilantro

Serve with white rice

#### PREPARATION

**TO MAKE THE SOY GLAZE**, heat the vegetable oil in a small saucepan over medium heat and cook the ginger and garlic until translucent, 1 to 2 minutes. Add the red pepper and cook to lightly toast, stirring often, 15 to 20 seconds. Add the dry sherry and xiao xing, bring to a simmer, and reduce by about half, about 5 minutes. Add the soy sauce and water and bring to a boil. Remove from the heat and set it aside to steep for 30 minutes.

Strain the glaze through a fine-mesh sieve into a small bowl. Whisk in the honey and sesame oil. Store the soy glaze in an airtight container in the refrigerator until needed, up to 3 weeks.

**TO COOK THE BEEF**, heat 1/2 cup of the vegetable oil in a large cast-iron skillet over high heat. Season the beef with salt and pepper and quickly sear the beef strips until they are lightly browned, 2 to 3 minutes, stirring frequently. Remove the beef from the pan and set it aside.

Add the potatoes to the pan and fry until crispy on all sides, 2 to 3 minutes, turning once or twice. Remove the potatoes from the pan and set aside.

Pour off the frying oil without discarding the flavorful brown bits at the bottom of the pan. Set the pan over high heat and add the remaining 3 tablespoons vegetable oil. Sauté the bell pepper and onion, stirring often, just until wilted, 1 to 2 minutes. Add the soy glaze and return the beef and potatoes to the pan to warm through and coat with the glaze, about 1 minute. Add the tomatoes and cilantro and stir to incorporate.

**SERVE IMMEDIATELY** with rice.