



Recipes

PROGRAM 3 - SEGMENTS 1/2

Mo-Chica Recipes

LOMO SALTADO

INGREDIENTS

1lb Prime Beef Tenderloin, sliced finely
2 Garlic Cloves, finely minced
1 Red Onion cut in wedges
2 Roma Tomatoes cut in wedges
4 TBSP Vegetable Oil
2 TBSP Fresh Cilantro, chopped
2 TBSP Green Onion, finely chopped
Salt & Pepper to taste

LOMO SAUCE

2 Garlic Cloves, finely minced
1/2 inch Piece of Fresh Ginger, finely minced
1 TSP Aji Amarillo Paste (or any other chilli paste)
3 TBSP Soy Sauce
1 TBSP Red Wine Vinegar
1 TBSP Oil

METHOD

To prepare Lomo Sauce, place the garlic paste, ginger paste, red wine vinegar, salt and pepper, soy sauce, Aji Amarillo paste and a little oil in a bowl and mix to combine. Set aside.

Prepare thick cut French fries

Place the beef into another bowl. Add 2 crushed garlic cloves, salt, pepper and a small quantity of oil. Set aside.



Recipes

Take a very hot wok and add remaining oil. Sear the beef until medium rare. Add onion, tomato, Lomo sauce, green onion to the pan.

Sauté until vegetables are cooked but still hold their shape. Add cilantro.

Place in the center of a serving plate and arrange thick cut French fries on top of the beef.