



Miele

Carne asada tacos with charred tomato salsa and tortillas

By Miele

1 hour, plus marinating time

Preparation Time

1 hour 10 minutes

Cooking Time

4 serves

Serves

INGREDIENTS

Carne asada

1 ancho chilli, seeds and stem removed, soaked in water for 10 minutes
1 chipotle chilli in adobo sauce
2 tbsp orange juice
1 tbsp lime juice
2 tsp brown sugar
2 garlic cloves, roughly chopped
1 tsp ground cumin
½ cup coriander stems, (approximately ½ bunch) roughly chopped
1 tsp salt flakes
500 g skirt or rump steak, trimmed

Quick pickled onion

1 red onion, thinly sliced
1 lime, juiced
2 tbsp red wine vinegar
2 tsp white sugar

Tortillas

220 g (1 ¾ cups) masa harina
½ tsp salt flakes
1 tbsp vegetable oil
250 ml (1 cup) hot water

To serve

1 tbsp vegetable oil
1 cup thinly sliced cabbage
1 avocado, sliced into thin wedges
2 tomatoes, finely chopped
1 cup coriander leaves
1 lime, cut into thin wedges

Miele accessories

Tepan yaki plate
Vacuum sealing bags
Griddle plate
Grilling and roasting insert
Universal tray

Charred tomato salsa

500 g tomatoes
1 red onion, halved
3 garlic cloves, unpeeled
1 long red chilli, stem removed
½ cup coriander leaves and stems (approximately ½ bunch) roughly chopped
1 lime, juiced
Salt flakes, to taste

METHOD

Carne asada

1. Remove the ancho chilli from the water, discard the water.
2. Blend or process all ingredients, except for the beef, until smooth.
3. Place the beef and the marinade into a large vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3. Marinate for at least 3 hours in the fridge.
4. Place the sealed bag onto a rack in the steam oven and Sous-vide at 49°C for 1 hour.
5. Remove the beef from the bag and discard the excess marinade.

Charred tomato salsa

1. Preheat the oven on Full Grill at 300°C. Place the tomato, onion, garlic and chilli onto the grilling and roasting insert in the universal tray. Place into the oven on shelf level 5 and cook for 10 minutes, or until charred and soft. Remove garlic from the skins.
2. Blend all ingredients. Season to taste with salt and extra lime, if desired.

Quick pickled onions

1. Combine all ingredients in a bowl. Set aside for 30 minutes, drain liquid before serving.

Tortilla

1. Place the masa harina, salt, oil and hot water in a large bowl. Mix with a spoon until combined. Knead the dough to form a ball.
2. Cover with a damp kitchen towel and allow to rest for 10 minutes.
3. Divide the dough into 16 balls and keep covered with the damp towel.
4. Using a tortilla press or a rolling pin, flatten the balls between two layers of plastic; we use a halved zip lock bag.
5. Preheat the tepan yaki plate on medium-high heat, induction setting 7.
6. Peel the tortilla off the plastic and place directly on the tepan yaki plate, cook for 2 minutes each side, or until the tortilla is cooked through; they may puff slightly when cooked.
7. Remove and place in a saucepan lined with a tea towel, covering as you add each tortilla. This will allow them to steam and become soft. The tortillas can be kept warm in a gourmet warming drawer for a longer period.

To serve

1. Preheat the tepan yaki plate or griddle plate on medium-high heat, induction setting 7.
2. Lightly oil the beef and place on the plate; cook for 1-2 minutes each side, or until the beef is browned. Rest meat for 5 minutes before carving into thin slices.
3. Place the beef, tortillas, cabbage, avocado, tomato, coriander, lime wedges and salsa on the table for everyone to make their own tacos.

Alternative appliance methods

Induction

- The salsa ingredients can be cooked on the tepan yaki plate on medium-high heat, induction setting 7 for 10 minutes, or until soft.

Hints and tips

- You can use store bought tortillas, or make your own.
- Excess tortillas can be fried to make your own corn chips.
- Chilli in adobo is a tinned product found in some supermarkets and specialty stores. Store the remainder of the can in the freezer.
- Masa harina is a fine corn flour, available in specialty stores. Plain flour can be used as a substitute if the masa is difficult to purchase, but less water may be needed.
- The beef can be cooked straight after marinating, however cooking it via sous-vide guarantees a perfect result.
- Where possible, buy your beef from a sustainable farmer; not only better for the environment and for the cows, but it often tastes so much better!