



Pabellón Criollo

Recipe by Jorge of City Saucery

Serves 6-8

Pabellón Criollo is Venezuela's national dish. It roughly translates to "national flag" due to the four distinct colors of the dish. The dish is comprised of four elements: shredded (pulled) beef, similar to the Cuban "Ropa Vieja," black beans, white rice, and sweet plantains. We substituted the plantains for a locally available option: roasted parsnips with a butter-honey glaze!

Ingredients:

Pulled Beef:

- *1.5 lb skirt steak
- *2 Tbsp Oil (a high-heat oil like Sunflower, Avocado, expeller pressed Canola)
- *2 small onions (cut into half-rings)
- *8 cloves garlic (minced)
- *1.5 cups (1/2 jar) Ugly Tomato Sauce
- *1/2 cup water or broth
- 2 tsp salt (or to taste)
- 2 tsp cumin
- 2 tsp dried oregano
- 1 tsp smoked paprika
- 1 Tbsp Worcestershire sauce

Black Beans:

- *1 lb black turtle beans
- 2 cups water
- 1 Tbsp olive oil

** Ingredients available seasonally at your neighborhood Greenmarket*

- *4 cloves garlic (minced)
- *1 Tbsp Tomato 'Nduja (or more-to taste)
- *1 Tbsp honey

- 1 tsp cumin
- 1 tsp salt (or to taste)

White Rice:

- 1 cup white rice (we used Jasmin)
- 2 cups water
- *1 Tbsp butter
- *1 small onion (minced)
- *2 cloves garlic (minced)
- 1 tsp salt (or to taste)

Glazed Parsnips:

- *2-3 lb parsnips
- 2 Tbsp olive oil
- 2 tsp salt
- *1/2 cup butter
- *1/4 cup honey

Instructions:

Beef:

- Preheat oven to 350°F. Cut steak into large 3-4 inch pieces. Season with some salt. Heat oil in Dutch oven over medium-high heat until shimmering. In two batches, add steak and cook, turning, until browned, about 6 minutes per batch. Set aside.
- Add onions to Dutch oven and cook, stirring and scraping up browned bits from the bottom until tender, about 8 minutes. Add garlic and cook for 1 minute longer. Add spices and mix. Lower heat and add a bit of water to deglaze.
- Stir in Ugly Tomato Sauce, stirring and scraping, for a minute. Add the water or broth and bring to a simmer, scraping up any browned bits from bottom of pot. Return beef to pot, along with its juices, nestling it under the sauce. Include the bay leaves.



- Cover the pot and transfer to oven. Cook for about an hour, then uncover and cook for about half hour more. The sauce will have thickened and the meat tenderized with some dark browning that will add to the flavor.
- Remove from oven and let sit for 10 min. Fish out the bay leaves and compost. Using 2 forks, pull the meat apart into very thin, long shreds. Keep stirring to combining with the sauce. Taste for salt and season to your liking.

Beans:

- Rinse and soak the beans overnight in cool water. Drain and set aside. Heat the oil in a medium pot and sauté the garlic until fragrant, a couple minutes. Add the cumin and the beans along with 2 cups water and simmer for about an hour, till the beans are tender and the liquid had thickened.
- Add the Tomato 'Nduja, honey and mix well. Add the salt and season to taste.

Rice:

- Heat the oil in a medium pot and sauté the onions until soft. Add the garlic and sauté for another minute. Add the rice and the butter and mix until melted and it has covered all the rice. Add water, mix and let simmer for about 20 min or until all water is absorbed. Shut off heat, fluff with a fork and leave covered until ready to serve.

Roasted Parsnips:

- Preheat oven to 400° F (or in our case, we used the 350° oven where the beef was cooking).
- Clean parsnips and slice into 1/2 inch "wheels". In a large bowl, toss with olive oil and salt until covered. Lay flat on a lined baking sheet and bake for 20-25 min, or until golden and tender.
- Meanwhile, for the glaze, melt the butter in a small sauce pan and brown for 2-3 minutes. Add the honey and whisk to combine.
- Toss with the roasted parsnips and serve hot (glaze will thicken as it cools).

Optional:

- Top the black beans with a salty white cheese, like feta or ricotta salata.
- Garnish the dish with fresh cilantro.