Main dishes / Nicaragua

Indio viejo



A thick stew of shredded beef, thickened with corn masa and mint.

Time 150 min **Servings** 5

What you'll need.

- ☐ 1 kg Beef brisket
- ☐ 2 piece Onions
- ☐ 4 piece Tomatoes
- ☐ 30 g Mint
- ☐ 1 tsp Annatto
- ☐ Salt and pepper — to taste
- ☐ 150 g Masa harina
- ☐ 1 piece Sweet pepper
- ☐ 5 clove Garlic
- ☐ 150 ml Orange juice — from sour orange
- ☐ 60 ml Vegetable oil

Let's make it.

01 Simmer the brisket with an onion and salt for an hour and a half, until fully tender.

02 Lift out the meat, keep the broth and pull the beef into fine threads by hand.

03 Fry the onion, garlic, pepper and tomatoes with the annatto to a thick base.

04 Slake the masa in cold broth until smooth, without a single lump.

05 Add the shredded meat to the vegetable base and warm it five minutes.

06 Pour in the slaked masa in a thin stream, stirring constantly, and cook twenty minutes.

07 Add the orange juice, stir in the chopped mint and serve it with rice.

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