

# Beef Carnitas with Mexican Antojitos

## BEEF:

### Ingredients:

- 4 lbs. New York sirloin
- 2 tsp. ground cumin
- ¼ tsp. cracked coriander
- ¼ cup chopped cilantro
- ⅛ tbsp. crushed red pepper
- 3 tbsp. minced garlic
- 1½ pt. low sodium beef broth
- ½ unpeeled orange, wedged & seeded
- 1 tsp. brown sugar
- salt to taste

### Preparation:

Sear beef in a small amount of oil. When browned on all sides, combine with remaining ingredients in roasting pans and braise until fork tender. Remove oranges. Shred and serve.

## FRESH CORN:

Boil 5 ears of fresh corn for 5 minutes. Allow to cool. Remove kernels with a mandolin. Reheat, and add salt, pepper and butter to taste.

## SWEET ONIONS:

- 1 lb. sweet yellow onions
- 3 oz. corn oil
- 1 ea. fresh squeezed lime juice
- 2 tbsp. chopped cilantro
- 3 tsp. sugar
- salt & pepper to taste

### Preparation:

Slice onions and sweat in large brazier. Make a vinaigrette with lime juice, cilantro, oil and sugar. When onions are just heated through, add vinaigrette and remove from heat. Chill overnight. Serve either warm or cold.

## WHITE CORN TORTILLAS:

- 7-inch white corn tortillas, quartered and quick-fried, OR freshly prepared white corn tortillas of any size/shape (see below).
- 1 cup instant corn masa flour
- ½ cup warm water
- salt to taste

### Preparation:

Knead all ingredients together until it forms a ball. Divide into desired size, and roll into balls. Press or roll into thin circles. Place each tortilla in a skillet or griddle for approximately 45 seconds on each side.

## POSSIBLE ANTOJITOS:

- Thick corn totilla topped with black beans, salsa, shredded cabbage, mole negro, guacamole, cheese, then grilled.
- Quesadilla
- Tostada
- Sopos: thick corn tortilla, fried and topped with refried beans, crumbled cheese, lettuce, onions, salsa and sour cream.

