

LOMO SALTADO

YIELD: 25 6 OZ. SERVINGS

Chef Ryan Eckles

Lomo Saltado is a popular Chifa dish from Peru. Chifa is a type of cuisine that combines elements of Chinese food with traditional Peruvian ingredients and techniques. Although this is typically made with beef it can also be made with chicken. Lomo Saltado at its core is a soy sauce based stir fry that typically includes sliced steak, onions, tomatoes, and French fries in a rich brown sauce served with rice. This may seem like a strange combination but the end result is certainly delicious. And don't forget a drizzle of the bright and tangy green salsa to complete the dish!

INGREDIENTS

- 3.125# sirloin steak, cut into thin slices
- ½ tsp salt
- ½ tsp black pepper
- ¼ cup vegetable oil
- 3 red onions, cut into strips
- 6 plum tomatoes, cut into ½ inch wedges
- 2 red bell peppers, cut into strips
- ¼ cup + 2 TBSP gluten free soy sauce
- ½ cup red wine vinegar
- 1 cup beef stock
- 2 TBSP ground cumin
- 1 bunch cilantro, coarse chop
- ½ cup green onion to garnish
- 2 quarts French fries, cooked

FOR THE SAUCE

- 2 heads Iceberg lettuce, washed, torn & dried
- 2 Jalapeno (remove stem, seeds if wanted less spicy)
- 2 cups mayonnaise
- 1 cup lemon juice
- 2 bunches cilantro, rough chop
- 1 tsp salt

DIRECTIONS

1. Season the beef with salt and pepper.
2. Mix soy sauce, vinegar, beef stock, and cumin in a bowl and set aside.
3. Heat oil over medium high heat, brown meat, then remove and set aside.
4. Add onions and peppers and cook for 2-3 minutes. Add tomatoes and meat and cook for additional minute.
5. Add soy sauce mixture and bring to simmer then shut off heat and toss with French fries.
6. Add chopped cilantro and green onion to garnish before service.

TO MAKE THE SAUCE

1. Combine lettuce, jalapeno, mayo, lemon juice, cilantro, and salt in food processor. Blend until smooth. Transfer to squeeze bottle and refrigerate until service.

OPTIONS FOR SERVICE: Rice plate, burrito, topped fries.

RECIPE NOTES - LOMO SALTADO

Recipe credits as 1.25 oz. M/MA

Nutritional information*: 312 calories; 4.15 g sat. fat; 511 mg sodium; 12.4 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*