

Dinner and A Book
Episode 602

A Traditional Caribbean Meal

Ropas Viejas (Torn Clothes) and Black Beans

1 pound skirt steak, brisket or flank steak.
Brown and simmer for 2 hours.

To make the spices (Sofrito)

Mix 1 tablespoons each of garlic powder, oregano and cumin.
In the meantime, shred meat into shreds on a cutting board.
In a casuela (metal cooking pot) put olive oil.
Put meat into the casuela and saute.
Add slices of onion, green pepper, sofrito,
1 can tomato puree
1/2 cup white wine
Simmer.
Add 1 cup chopped pimento stuffed olives as the final touch.

Black Beans

Cook 1 chopped onion and 1 sliced green pepper in olive oil. Saute. Add 1 can of black beans and sprinkle in 2 pinches of sugar. Simmer

Serve the Ropas Viejas and Black Beans with rice.

For dessert

serve a Caramel flan.

For a drink

mix fresh lime juice, some frozen lime concentrate, a little sugar and rum. Mix well.
Serve with sliced lemons and limes.