

Lomo Saltado

From

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Ingredients:

- 1 (16 ounce) package frozen French fries
- vegetable oil as needed
- 1 pound beef tri tip, sliced 1/8 to 1/4 inch thick
- salt and pepper to taste
- 1 large onion, sliced into strips
- 3 large tomatoes, peeled, seeded, and sliced into strips
- 1 yellow chili pepper (preferably Peruvian aji amarillo)
- 1/4 cup distilled white vinegar
- 1 dash soy sauce to taste
- 2 tablespoons chopped fresh parsley

Instructions:

- Season the beef with garlic, salt and pepper.
- Put a wok or a pan over very high heat. Stir in oil and cook the meat, a few slices at a time (so they do not steam and the meat browns). Cook each batch 2 minutes.
- Stir in the onion, tomato, chili pepper, and stir for about 2 to 3 minutes. The tomatoes and onions should be crunchy, not mushy. Stir in soy sauce and vinegar on sides of wok or pan. Mix everything.
- Add beef broth and cook 1-1/2 minutes. Taste for seasoning.
- Turn off the heat, add chopped cilantro

