

Mexican Beef Salad

Salpicón de Res

Ingredients

Basic

1 lb (454g)	lean beef, cut in chunks (such as stewing, skirt or brisket)
2-3	medium tomatoes; chopped
½	medium onion; peeled and sliced thinly
2 tbsp	vinegar (such as white or apple cider);
½ tsp	salt
2 tbsp	water
¼ cup	cilantro; chopped

Dressing

1 tbsp	lime juice
1 tbsp	vinegar (such as white wine vinegar)
2 tbsp	olive oil
¼ tsp	dry oregano (Mexican or Italian, or substitute thyme)
Salt and pepper, to taste	

Extras

2	medium potatoes; cooked, peeled (optional), cubed
1	large carrot; peeled and shredded
1 can	peas; drained

To serve

Lime wedges
Pickled jalapeños (homemade, or canned)
Crispy tortillas (tostadas) or corn chips

Topping

Avocado; peeled and cubed

Cook beef in enough water to cover, with a piece of onion for flavour. Let cool, then shred the meat; save the broth for a different application. Gather all the basic ingredients; mix onion, vinegar, salt and water in a bowl, and let rest for 15-20 minutes. In a separate bowl, whisk together all the dressing ingredients (prepare double amount if using extras). Arrange the meat in a salad bowl, then add tomatoes, cilantro and drained onions, mixing lightly. Discard liquid from the onions; right before serving, drizzle dressing over salad (reserve half if using extras), and toss; this is the basic Mexican salpicón. If using extras, add to the salad, drizzle extra dressing, and toss together. It may be scooped on a bed of greens, topped with avocado, and served with lime wedges, pickled veggies and corn crisps on the side:



Notes: For a vegan option, simply omit beef; the peas, corn and potatoes should provide enough protein for a full meal. This salad is also gluten free, and any ingredient may be omitted, catering to diet restrictions or preferences. In Mexico, salpicón is always a savoury dish, but in Colombia and other South American countries, it may refer to a fruit salad with a juicy dressing.