

Mexican Style Eye of Round Pot Roast – *Cuete Mechado*



Ingredients (for six to eight portions)

2 to 3 lb (1 to 1 ½ kg)	eye of round beef roast
6 slices	bacon; sliced into 2-inch sections (divided)
¼ cup	almonds; peeled and slivered
¼ cup	prunes; pitted and sliced
1 lb (454 g)	carrots; washed, peeled, and cut into thick sticks (divided)
1 to 1 ½ lb	potatoes; washed
1	serrano pepper, or more, to taste; washed
1 cup	tomato sauce (homemade, or canned)
1 ¼ cups	water, or more, as needed
1 tbsp	corn starch (such as Maizena™, corn flour in the UK)
1 tbsp	oil, such as olive
½ tsp	garlic powder (not salted)
½ tsp	onion powder (not salted)
½ tsp	ground black pepper
½ tsp	salt, or to taste

Reserve two of the sliced bacon strips and all the carrots except one, for later. Set up the daubing ingredients: sliced prunes, one of the carrots cut into sticks, slivered almonds and four of the sliced bacon strips. Pat dry the roast with paper towels, and place on working surface. There is a tool, called daubing needle, to pierce the meat and guide the daubing ingredients into the incisions, but if not available, choose a knife that is not too wide, and long enough to go from end to end of the full length of the roast. Holding the roast firmly with one hand, insert knife lengthwise as far as possible; pull knife out and repeat the operation to create more parallel incisions, about half an inch apart.

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Insert prepared daubing ingredients in the incisions, rolling the bacon slices into cylinders; carrot sticks go in easily, but for other ingredients, use fingers or a stick, such as a wooden chopstick, to push them into the incisions. If the ingredients do not reach the end of the incisions, simply turn the roast around and continue stuffing from the other end. If any ingredients are left over, some superficial incisions may be done and filled with them. Mix the powdered onion, garlic, salt and black pepper and rub some all over the roast. Reserve leftover spice mix and prepared roast. Peel washed potatoes and cut into quarters, as close as cooking time as possible, so they will not turn dark. Set aside. In a large pot or pressure cooker, warm up oil over medium heat, then add the reserved bacon and cook on both sides. Add leftover spice mix; stir and cook for one more minute, then add the prepared roast, searing and turning, to brown all sides. Lift the roast and add reserved carrot sticks and quartered potatoes to the bottom of the pot; place the roast on top on the veggies, then pour in one cup of hot water and the tomato sauce, and add serrano peppers. If using pressure cooker, cover and cook for one hour. If using a regular pot, bring the liquid to boil, then reduce heat to a gentle boil, and cook, covered, for about two hours until the meat is tender, adding more water, if needed. Once cooked, transfer carrots and potatoes to a serving dish with rim, and place roast and serrano peppers on top. Cover to keep warm. Mix the corn starch with one quarter cup of cold water to form a smooth slurry, and add to the sauce left in the pot; cooking over low heat, stir until the sauce thickens into a gravy, then pour over roast and veggies. To serve, slice roast crosswise, to show off all the daubing ingredients; place slices on a plate, add veggies on the side, and tomato gravy on top:

