



el frijol feliz
escuela de cocina

Cooking Classes

Hilachas (Serves 4 People)

2 lbs of beef – either brisket or round roast – needs to be shredded after it is cooked
1 lb of tomatoes (roma)
2 red bell pepper
2 dried guaque chile (guajillo)
10 small tomatillos (use fewer if you have larger tomatillos)
2 cloves of garlic
½ of an onion diced (small)
1 tablespoon of salt
1 lb of potatoes

Begin by cooking the beef in water, salt, one clove of garlic diced, and the diced onion. The amount of water you will use will depend if you are cooking with a pressure cooker or a regular pot. You can also cook your beef in a crock pot. If you are cooking in a pressure cooker you will cook the beef around 45-60 minutes with 12 cups of water. Without a pressure cooker, you will need around 24 cups of water and it will take around 90-120 minutes to cook, depending on the cut of beef. The beef is fully cooked when it can be pulled apart or shredded.

When the beef is ready remove from the pot and begin to shred the beef by using two forks to pull it apart; the meat should tear in strands. Save the liquid that you used to boil your beef.

Begin the sauce by chopping the tomatoes, chilies, bell pepper, tomatillos, and the remaining garlic. Then place them in a blender with a touch of water if necessary and puree. Simmer this mixture for about 10 minutes, it will darken slightly, but be careful not to burn it.

Cut the potatoes into cubes and place them into the pot with beef stock. Boil the potatoes for 15 minutes. Add the shredded beef and the blended sauce and boil for another 5 minutes. Serve.

Hilachas are normally served with traditional Guatemalan way of preparing rice.

EL FRIJOL FELIZ COOKING SCHOOL

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