

# Carne Mechada

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2	pounds	flank steak - pounded to 1/3" thickness
		-MARINADE-
12	ounces	beer
1	medium	onion - chopped
1/4	cup	cider vinegar
1	tablespoon	Worcestershire sauce
3		green onion - minced
3		garlic clove - minced
1	teaspoon	mexican oregano
1/2	teaspoon	cumin seeds - toasted and ground
		salt
		black pepper
		-FILLING-
4	slices	cooked bacon - crumbled
1	medium	carrot - grated
1	small	baking potato - parboiled, peeled and grated
1/4	cup	fresh parsley flat leafed - chopped
2		serrano pepper - minced
2		green onion - sliced
2		garlic clove - minced
1	teaspoon	mexican oregano
1/2	teaspoon	cumin seed - toasted and ground
		beef stock

The night before, place steak in a shallow, nonreactive dish. Combine marinade ingredients and pour the marinade over the meat. Refrigerate overnight.

Drain meat, reserving marinade. Sprinkle salt and pepper lightly over the meat. In a bowl, combine the filling ingredients and spread the mixture evenly over the steak to within about 1/2" of its edges. Roll up steak from one of its longer edges, jellyroll fashion. Transfer the roll to a large piece of cheesecloth, wrap up the roll snug but not tight in the cloth, and tie the ends.

Transfer roll to a Dutch oven or stockpot large enough to hold it. Pour the reserved marinade over it, and then add enough stock to cover it by several inches. Bring to a boil over high heat, reduce heat to a low simmer, and cover. Cook the roll 2-2.5 hours.

Remove roll from liquid and let meat cool for 15 to 20 minutes. Reserve 1/2 cup of the liquid to pour over meat if you wish. Unwrap the meat, discard the cheesecloth, and slice the meat crosswise. Transfer the slices to platter, pour the liquid over them and garnish with sliced green onions and parsley.

Serve warm. Serve with spicy mustard for extra flavor.