



Carne Asada, Colombian Style

Carne asada, or grilled meat, is a popular staple in Latin American cuisine. Although the exact recipe for carne asada will vary from region to region, and from person to person, most carne asada recipes contain a 1" thick, tough cut of beef steak, lime juice, garlic, onion, and black pepper. The final product, grilled to perfection, is cut against the grain into thin strips that are often used in tacos, and/or served along beans and rice. This recipe for marinated flank steak is based on a Colombian version of the traditional recipe. If you do not prefer to use beer in your cooking, free to substitute non-alcoholic beer or even a dark soda (such as cola).

Ingredients:

- 1 flank steak (~2 lbs)
- 1 Tablespoon vegetable oil
- 1 bottle of beer (OR beer substitute)
- 1/2 cup orange juice
- 2 Tablespoons lime juice (OR juice from 1 lime)
- 4 - 6 whole cloves of garlic
- 2 Tablespoons red wine vinegar
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon cumin
- 1 packet Sazon Goya con achiote

- Salt and pepper to taste

Directions:

1. Combine the wet ingredients, and then add dry ingredients. Stir thoroughly.
2. Place the steak inside of a gallon-sized zip-top bag, and pour marinade in the bag with the steak. Seal the bag tightly and place in refrigerator for at least 2 hours before cooking (12+ hours is better).
3. Remove the steak from the marinade and discard marinade.
4. Heat the grill to medium-high, and grill steak for 5 to 8 minutes on each side, or until it reaches desired doneness.
5. Let the steak rest for 5 minutes, then slice very thinly against the grain and serve.

*Recipe adapted from The Spruce Eats