



Beef Cheek Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chili peppers dried whole
- ☐ 1 pound beef cleaned for you (ask your butcher to do this)
- ☐ 8 servings cilantro leaves chopped
- ☐ 8 corn tortillas
- ☐ 1 cup cilantro leaves fresh roughly chopped
- ☐ 1.5 cups cilantro leaves fresh roughly chopped
- ☐ 2 garlic clove peeled
- ☐ 3 garlic clove peeled smashed

- ☐ 0.5 juice of lemon
- ☐ 1 juice of lime
- ☐ 0.5 orange juice
- ☐ 2 tablespoons kosher salt
- ☐ 0.5 cup red wine vinegar
- ☐ 0.5 cup rice vinegar (not seasoned)
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 0.5 cup spring onion roughly chopped
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 quarts water
- ☐ 8 servings onion white chopped

Equipment

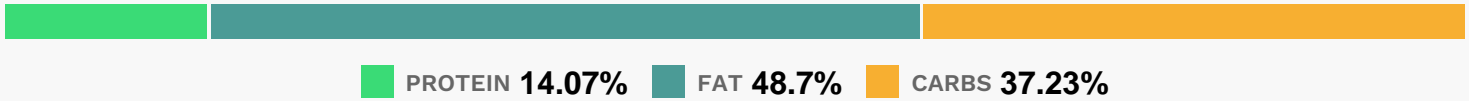
- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot, combine all the brine ingredients. Bring the brine to a boil, then remove from the heat and let it cool.
- ☐ Add the beef cheeks to the cooled brine (if you add the meat to the hot brine, the meat will cook instead of marinate).
- ☐ Place the pot in your fridge and marinate the beef cheeks, uncovered, in the brine overnight.
- ☐ The next morning, set the beef cheeks (still in the brine) over high heat and bring to a boil, then reduce the heat to a simmer and cook, uncovered, until the beef cheeks are tender, about 1 hour.
- ☐ Remove the beef cheeks from the pot, discarding the brine, and let them cool. Once the cheeks have cooled, roughly chop them into small pieces.

- ☐ Combine all of the ingredients for the salsa in a blender or food processor and puree.
- ☐ Heat the oil on a griddle or in a skillet and cook the tortillas over medium heat for 30 seconds to crisp up, then flip.
- ☐ Remove the tortillas and add the beef cheeks to the griddle or skillet, cooking for about 2 minutes, until the meat is caramelized. Season with salt and pepper.
- ☐ To bring everything together, stack 2 tortillas on a plate and top with beef cheeks. Spoon salsa all over the beef.
- ☐ Garnish with onions and cilantro.
- ☐ Eat many.
- ☐ Buy the full book from Harper
- ☐ Collins or from Amazon. /nRecipe from L.A. Son: My Life, My City, My Food, by Roy Choi, Copyright 2013, published by Anthony Bourdain/Ecco.

Nutrition Facts



Properties

Glycemic Index:58.7, Glycemic Load:15.39, Inflammation Score:-8, Nutrition Score:13.019565266112%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

Nutrients (% of daily need)

Calories: 353.5kcal (17.67%), Fat: 19.19g (29.52%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 29.38g (10.68%), Sugar: 16.63g (18.47%), Cholesterol: 40.26mg (13.42%), Sodium: 1815.39mg (78.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.47g (24.95%), Vitamin K: 45.24µg (43.09%), Vitamin A: 1030.82IU (20.62%), Vitamin B12: 1.21µg (20.22%), Phosphorus: 201.78mg (20.18%), Zinc: 2.94mg (19.61%), Vitamin B6: 0.36mg (18.18%), Vitamin B3: 3.18mg (15.88%), Selenium: 10.97µg (15.67%), Fiber: 3.63g (14.54%), Vitamin C: 11.73mg (14.22%), Manganese: 0.28mg (13.91%), Potassium: 398.23mg (11.38%), Iron: 2.01mg (11.15%), Magnesium: 43.1mg (10.78%), Vitamin B2: 0.16mg (9.61%), Copper: 0.17mg (8.52%), Vitamin E: 1.12mg

(7.49%), Calcium: 67.92mg (6.79%), Folate: 26.01µg (6.5%), Vitamin B1: 0.09mg (6.1%), Vitamin B5: 0.46mg (4.63%)