



Beef Cheek Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chiles de árbol dried whole
- ☐ 1 pound beef cheeks cleaned for you (ask your butcher to do this)
- ☐ 8 servings cilantro leaves chopped
- ☐ 8 corn tortillas
- ☐ 2 garlic cloves peeled
- ☐ 3 garlic cloves peeled smashed
- ☐ 0.5 juice of lemon
- ☐ 1 juice of lime

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

Equipment

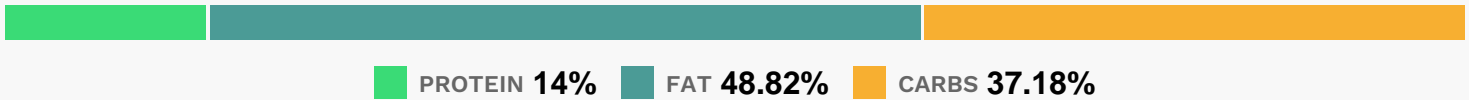
- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

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.
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Nutrition Facts



Properties

Glycemic Index:50.7, Glycemic Load:15.37, Inflammation Score:-7, Nutrition Score:11.673912976099%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg 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 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: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 352.35kcal (17.62%), Fat: 19.16g (29.48%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 29.33g (10.67%), Sugar: 16.58g (18.43%), Cholesterol: 40.26mg (13.42%), Sodium: 1813.09mg (78.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.74%), Vitamin K: 29.74µg (28.32%), Vitamin B12: 1.21µg (20.22%), Phosphorus: 199.38mg (19.94%), Zinc: 2.92mg (19.45%), Vitamin B6: 0.36mg (17.8%), Vitamin B3: 3.12mg (15.61%), Selenium: 10.92µg (15.61%), Fiber: 3.49g (13.98%), Vitamin A: 693.42IU (13.87%), Manganese: 0.26mg (12.85%), Vitamin C: 10.38mg (12.59%), Iron: 1.92mg (10.65%), Potassium: 372.18mg (10.63%), Magnesium:

41.8mg (10.45%), Vitamin B2: 0.16mg (9.13%), Copper: 0.16mg (7.96%), Vitamin E: 1mg (6.65%), Calcium: 64.57mg (6.46%), Vitamin B1: 0.09mg (5.87%), Folate: 22.91µg (5.73%), Vitamin B5: 0.43mg (4.35%)