



Guido's Lomo Saltado

 **Gluten Free**  **Dairy Free**

READY IN

ready

29 min.

SERVINGS

servings

6

CALORIES

calories

3066 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 4 ounces beer
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 quarts canola oil
- ☐ 2 tablespoons canola oil
- ☐ 1 package rice white organic prepared for serving according to directions
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon fish sauce

- ☐ 2 tablespoons garlic minced
- ☐ 2 teaspoons ginger minced
- ☐ 1 tablespoon key lime juice
- ☐ 0.3 cup parsley italian chopped
- ☐ 1 tablespoon freshly cracked pepper black
- ☐ 6 servings pepper sauce hot for serving recommended: aji or peruvian, both can be found online
- ☐ 1 bell pepper red seeded cut into 1/2 by 2-inch strips, 1 cup
- ☐ 1 onion red cut into 1/2 by 2-inch strips, 2 cups
- ☐ 1 pound rib-eye boneless trimmed cut into 1/2 by 2-inch long pieces
- ☐ 5 roma tomatoes sliced into 1-inch wedges
- ☐ 16 inch russet potatoes
- ☐ 1 tablespoon sea salt fine
- ☐ 0.5 cup soya sauce
- ☐ 1 gallon water
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 bell pepper yellow seeded cut into 1/2 by 2-inch strips, 1 cup

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ wok
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Large wok
- ☐ Season the meat with the pepper, tossing to coat. Set aside.

- ☐ Combine the balsamic, soy sauce, fish sauce, cornstarch and Worcestershire sauce in a small bowl.
- ☐ Whisk with a fork to incorporate well, then add the garlic and ginger, and stir to combine.
- ☐ Put the wok over high heat, add the canola oil and when it just begins to smoke, add the onions, bell peppers and tomatoes.
- ☐ Saute until the onions begin to soften, about 5 to 6 minutes.
- ☐ At this point, drop the prepared French
- ☐ Cut Fries into the oil for a final fry.
- ☐ Push a hole in the center of the wok and add the beef. Stir-fry for 1 minute, then deglaze the wok with the beer and add the vinegar-soy mixture. Stir frequently for another 1 to 2 minutes.
- ☐ Add the lime juice and toss.
- ☐ Remove the French fries from the oil and toss them into the stir-fry mixture.
- ☐ Serve on a warm plate with the white rice.
- ☐ Garnish with the parsley and serve immediately. Pass hot pepper sauce at the table.
- ☐ Peel the sides of the potatoes, leaving the skin on both ends.
- ☐ Cut them into 3/8-inch slices, then stack the pieces and dice them into 3/8-inch squares.
- ☐ Put the potatoes in a bowl with the water and let them sit submerged for 30 minutes to 24 hours. This will help leach the excess starch from the potatoes and keep them from oxidizing.
- ☐ Heat the oil in a heavy stock pot to 275 to 300 degrees F. Use a candy thermometer to assure proper temperature.
- ☐ Drain the potatoes and pat them dry of excess water.
- ☐ Add about 2 handfuls of the potatoes to the hot oil. (Chefs Note: There should be at least 1-inch of oil covering the potatoes.) Cook until they are partially cooked and lightly browned, about 5 to 7 minutes.
- ☐ Remove the potatoes, shake off any excess oil and let them cool on a rack. Repeat with the remaining potatoes.
- ☐ After all of the potatoes have cooled, heat the oil to 350 degrees F.
- ☐ Add 2 handfuls of the potatoes to the oil, and fry until they are golden brown, about 2 minutes.
- ☐ Remove them from the pot, shake off the excess oil, and season lightly in a bowl with the salt and pepper. Repeat this method until all the potatoes are fried. Keep warm until ready to use.

Nutrition Facts

PROTEIN 2.46% FAT 95.61% CARBS 1.93%

Properties

Glycemic Index:89.54, Glycemic Load:3.94, Inflammation Score:-9, Nutrition Score:26.738260911859%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 3066.22kcal (153.31%), Fat: 331.14g (509.45%), Saturated Fat: 28.39g (177.41%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 12.75g (4.64%), Sugar: 5.72g (6.35%), Cholesterol: 46.12mg (15.37%), Sodium: 2635.73mg (114.6%), Alcohol: 0.74g (100%), Alcohol %: 0.08% (100%), Protein: 19.14g (38.28%), Vitamin E: 56.66mg (377.76%), Vitamin K: 277.93µg (264.69%), Vitamin C: 76.37mg (92.57%), Zinc: 4.36mg (29.04%), Vitamin B6: 0.58mg (29.01%), Selenium: 19.7µg (28.14%), Vitamin B3: 5.52mg (27.58%), Vitamin A: 1327.19IU (26.54%), Manganese: 0.48mg (24.11%), Vitamin B12: 1.27µg (21.22%), Phosphorus: 182.01mg (18.2%), Potassium: 624.34mg (17.84%), Iron: 2.93mg (16.26%), Vitamin B2: 0.27mg (15.95%), Copper: 0.3mg (15.24%), Magnesium: 56.91mg (14.23%), Folate: 39.77µg (9.94%), Vitamin B1: 0.14mg (9.49%), Fiber: 2.28g (9.1%), Calcium: 68.3mg (6.83%), Vitamin B5: 0.32mg (3.19%)