

Salpicón of Beef

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pickling-liquid-recipe>

Ingredients:

- 2 pounds beef flank steak cut into 2 equal pieces
- 1 white onion thickly sliced, plus 1/2 white onion thinly sliced, and 1/2 cup finely white onion chopped
- 3 garlic cloves
- 6 peppercorns
- 2 bay leaves
- 1 tablespoon dried oregano preferably Mexican
- 2 teaspoons sea salt plus more, to taste
- 1/2 cup olive oil
- 1/4 cup fresh lime juice
- 4 jalapeño chilies pickled, finely
- 2 tablespoons pickling liquid
- 1/2 cup Monterey Jack cheese cubed
- 1/2 cup cilantro leaves fresh, chopped
- freshly ground pepper to taste
- 1 head romaine lettuce
- 1 cup romaine shredded
- 1 Haas avocado firm but ripe, pitted, peeled

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 60 milligrams
4. Fat: 37 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 10 grams
8. Sodium: 930 milligrams

9. Sugar: 3 grams

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