EMMA'S ROPA VIEJA

1989, La Habana

In pressure cooker …

- 3 lbs of "falda" trimmed of hard fat but with some soft fat
- enough water to *almost* cover the meat
- a little salt
- one bay leaf

Cook it for about 30 mins (whistling) or until soft enough to pull into strings.

Set aside 2 cups of the broth.

In a pan, prepare the *sofrito* of …

- oil
- onion (at least 1 cup cut into rings)
- green pepper (at least 1 cup cut into pieces)
- garlic – several cloves
- oregano – 1/4 tablespoon

Then add in…

- 1/2 cup tomato puree or stewed tomatoes (plus a little tomato paste if desired)
- 1 cup dry wine (or a little brandy)
- 2 cups beef broth

Add this to the meat, and cook over slow fire for 10-20 minutes or more

Then, if desired, add …

- petit-pois
- sweet red peppers