



Recipes

MISSIONFOODSERVICE.COM

Molé Shredded Beef

Prep Time: 15 Minutes

Cooking Time: 90 Minutes

Serves 12

Ingredients:

5 1/2 lbs. Flank Steaks , cut into 3" cross cut pieces
8 fl. oz. Orange Juice
12 oz. Yellow Onions , thinly sliced
10 each Whole Garlic Cloves , thinly sliced
1 each Fresh Jalapeño , thinly sliced
1/2 cup Fresh Cilantro , rough chopped
2 fl. oz. Apple Cider Vinegar
2 fl. oz. Vegetable Oil
1 qt. Beef Stock
8 oz. Dark Molé , prepared or from a jar
Salt and Pepper to taste

Directions:

1. Combine flank steak pieces with orange juice, onions, garlic, jalapenos, cilantro and vinegar together and marinate overnight in an air tight container under refrigeration.
2. After marinating remove and pat dry, reserving marinating ingredients. Heat a sauce pan with vegetable oil over medium-high heat, season the beef with salt and pepper, sear on all sides, deglaze with beef stock and stir in mole and reserved marinating ingredients. Cover and simmer for 1 1/2-2 hours or until beef is easy to shred with a fork. Shred all the beef.
3. Reserve shredded beef with cooking liquid in a covered pan on a hot line for assembly.