

Ingredients

Shredded meat

- Approx. 900 g meat
- 1 ½ to 2 litres broth/stock (or stock cubes)
- Salt and pepper to taste
- 60 ml olive oil
- 1 large onion finely diced
- 150 g green pepper, chopped into small cubes
- 3 cloves garlic, finely chopped
- Tomato purée
- 225 g tomato sauce
- 15 ml Worcestershire sauce
- 15 ml dried oregano
- 2 bay leaves

Black beans

- 120 ml corn oil
- 1 medium onion
- 2 cloves of garlic
- Approx 400 g cooked black beans
- Salt to taste

Preparation & Cooking

1. Presoak and cook black beans
2. Place the stock/broth into a large pot over medium-high heat.
3. Add the meat at first boil and let cook for 15 minutes.
4. Test the seasoning and alter the salt and pepper to taste.
5. Cover and let cook for about 2 hours or until the meat is completely cooked and tender.
6. Keep an eye on the meat to prevent it from soaking up all the broth and add more as it becomes necessary.
7. When the meat is ready, remove it from the pot carefully and leave on a dish to cool. Save the broth, about 750-1000 ml of broth.
8. Once the meat is cold enough, shred it with the help of two forks or your hands.
9. Add the oil to a medium pan and let cook a bit. Sauté the onions and pepper for 3-5 minutes or until the onion is translucent. Add the garlic and let sauté for one more minute. Incorporate the shredded meat to the mixture and mix well.
10. Mix the tomato paste, tomato sauce, Worcestershire sauce and oregano in with the beef stew; mix well until everything is well combined.
11. Add this mixture to the meat and mix well. Add the bay leaves, cover and let cook for 20 minutes, or until most of the liquid has been absorbed



Plantains

- 240 ml oil for frying
- 2 ripe, peeled and sliced bananas
- 750 gr white rice, cooked to your liking

Black beans

12. Sauté the onions and garlic for 3 minutes in a large saucepan over medium heat, stir constantly.
13. Place the oil, onion and garlic in a blender. Mix at medium velocity until everything is well combined. Return to pan.
14. Add to black beans and mix well. Taste and adjust the seasoning if necessary. Cover and cook on low for 15 to 20 minutes.

Fried plantains

1. Add oil to a medium pan and heat. When the oil is hot, fry the plantains in batches of 5 for 2-3 minutes on each side or until they're softened and browned.
2. Remove from the pan carefully and place over paper towels to absorb the excess oil.

Serving

3. Serve a generous amount of shredded meat
4. Add rice, beans and fried plantains
5. (Optional) add avocado, white cheese, fried egg, etc.
6. Serve hot

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Background Notes

Bandeja Criolla, aka Pabellón Criollo, is a plate of rice, shredded beef in stew and stewed black beans and is a traditional and national dish of Venezuela. It mixes elements from the three different cultures that commingled during Spanish colonial times, with Native American, Spanish and African roots. The 'flag' in its name comes from these original associations.