

## Carbonada

Northern Argentina

### Ingredients (to serve 4)

- 500g beef (I used roast beef) trimmed of fat
- 1 large onion
- 2 medium carrots
- 1 yellow bell pepper and ½ large red bell pepper
- 2 cloves of garlic
- 1 medium sweet potato
- 1 large or 2 medium potatoes
- 3 slices of pumpkin
- 1 piece of kabocha squash (Japanese Pumpkin)
- Beef or vegetable broth (or both) as needed
- 3 peeled tomatoes (or canned tomatoes)
- 1-2 corn cobs
- Salt to taste
- Oregano, paprika, spicy ground chili, cumin
- Oil as needed
- 2 green onions (finely chopped) or parsley for serving



### Cooking

- Trim the thickest fat off the meat. I like to leave a little bit because it adds flavour. Cut into approximately 1 x 1 cm cubes.
- Sear the meat in a bottom layer of olive oil. Leave until you start to see blood coming out, then move it around for a few minutes over high heat and remove.
- Finely chop the onion, the garlic cloves and bell peppers. Sauté them in this cooking base.
- Cut the tomato into cubes, add to the onion and bell pepper, season, and add the meat back. Cover with broth and let cook semi-covered for about 20 minutes.
- Meanwhile, cut the corn in thin slices and the rest of the vegetables in 1 x 1 cm cubes, except the kabocha squash, which I cut in small pieces so that it dissolves during cooking and thickens the mixture.
- Once the meat is tender and the liquid has reduced quite a bit, add the vegetables except the corn, and more broth to cover everything. Some people also add dried peaches. Let cook for 5 more minutes and add the corn. Cook a few more minutes, turn off the gas and let rest.

### Serving

- Serve hot in deep bowls sprinkled with chopped parsley and/or green onion. As with most Argentine stews, homemade bread and red wine, e.g. Malbec, make excellent accompaniment.
- *Carbonada* is often served inside a large pumpkin. At home, you can cut a lid and flavour the interior walls with butter, herbs and spices - like bay leaf and paprika - and bake in the oven with the lid on. Be careful not to overcook; it should be firm enough to contain the preparation.

Annie Altamirano, Argentina / Spain

I'm from Argentina and I've eaten *carbonada* when travelling to the north of the country, mainly to Santiago del Estero and Tucumán. My paternal grandmother was from Tucumán and she used to make it when she visited us. There are variations to the recipe; this is my grandma's.

### Background Notes

*Carbonada* is a typical dish from northwestern Argentina, Chile, and Bolivia. The name 'carbonada' seems to come from the fact that this stew is cooked until all the logs in the fire are completely carbonized. It is mentioned in some verses of Martín Fierro: "The meat came with hide, / the tasty carbonada, / well-mashed corn porridge, / the pastries and good wine."