

Mexican Machaca

Shredded Roasted Beef

There are very complex ways to make authentic Machaca but that's not a doable for most working families. My version of the dish is easy fast and just as if not more delicious than the hard way which takes days to make.

Use your cooked roast (see Roasted Beef recipe), to make the Machaca. Use the entire roast or a portion of it depending on your meal planning and family size. A little Machaca goes a long way if you use it wisely.

Separate cooked roast meat from the bone and fat. Keep juices from cooking on the side to moisten meat in the process of making the Machaca. If your roast is not warm, warm the meat up in the microwave so it is softened again at least to room temperature. The goal of Machaca is to have long strands of meat so don't cut the meat up, separate it with forks or your fingers as best possible, the remainder of the separation will happen in the pan. Put roughly shredded meat in a warm skillet and add the green chile salsa and as much beef juice as needed to make the meat mashable in the pan with the back of a spoon. Mash the meat by pressing the back of the spoon down and dragging it in the pan until the meat is all shredded making sure that it does not dry out while mashing. You can add a little water or beef broth if you don't have leftover drippings from cooking to add.

This completes the process so now working with it in dishes is the next step. Note: Machaca does freeze well for up to 3 months.

Taquitos: Warm corn tortillas in the microwave for 1 minute on high between two dinner plates to make them easy to roll. Use one hot tortilla at a time and keep the rest warm between the plates (be careful not to get a steam burn). Place about a pinkie finger width of Machaca down the middle of the tortilla and fold the end over it and roll it towards you while pressing down slightly. When you get to the end hold it with one hand and put a toothpick through the side to keep it closed. Repeat until you have as many taquitos as you need. Fry them in approximately ½ inch of oil in a skillet or use a deep fryer if you like. Cook them until they are just turning golden brown on the edges. Turn taquitos over in the pan to cook evenly. Remove from pan and place end up in a bowl with a paper towel on the bottom. Keep warm in a low oven until you are ready to serve.

Serve with guacamole, sour cream, lettuce and Mexican 3 cheese or just Cotija, and salsa.

Make beef tamales if you enjoy eating them, they are delicious with Machaca.