PERUVIAN

# Lomo Saltado

| COMPLEXITY | SERVES | PREP | COOK | TECHNIQUE | CUT |
|---|---|---|---|---|---|
| **Basic** | **4** | **20 min** | **15 min** | **Stir-fry** | **Tenderloin** |

## Ingredients

- 600 g (1⅓ lb) beef tenderloin, cut into 1.5 cm (½ in) strips
- 1 tsp salt
- ½ tsp black pepper
- 3 tbsp neutral oil, divided
- 4 cloves garlic, minced
- 1 tbsp ají amarillo paste (or 1 minced yellow hot wax pepper, or ½ minced jalapeño plus ¼ tsp turmeric; milder and less fruity)
- 1 red onion, cut into thick wedges
- 3 plum tomatoes, cut into wedges
- 3 tbsp soy sauce
- 2 tbsp red wine vinegar
- 2 tbsp chopped coriander
- 500 g (1 lb) potatoes, cut into thick fries and fried or baked until crisp
- Steamed white rice, to serve

## Steps

1. Toss the beef with the salt and pepper. Mix the soy sauce and vinegar in a small bowl.
2. Have everything ready: this is a fast stir-fry. Heat a wok or large skillet over the highest heat until just smoking, about 2 minutes.
3. Add 1 tbsp oil and half the beef in one layer. Leave it for 30 seconds, then toss for 1 minute until browned outside and pink inside. Move to a plate and repeat with the remaining beef, adding another tablespoon of oil.
4. Add the last oil, the onion and ají paste. Stir-fry for 1–2 minutes, until the onion is charred at the edges but still crunchy.
5. Add the garlic for 10 seconds, then the tomatoes and toss for 30 seconds.
6. Return the beef and juices to the pan. Pour the soy and vinegar around the edge so it sizzles and deglazes the pan, then toss for 30 seconds more until a light sauce forms.
7. Fold in the fried potatoes briefly, so they stay crisp, and the coriander. Serve right away with rice on the side.

## Notes

- **Wok hei:** the smoky flavour traditionally comes from a flaming wok; a very hot pan and small batches get you close at home.
- **Potatoes:** frozen shoestring fries are a fine shortcut, but bake them until crisp.
- **Other cuts:** sirloin or strip loin steak are common and equally good.
- **Air fryer:** for easy fries, toss thick potato wedges in 1 tbsp oil and air-fry at 200°C (400°F), single layer, 20–25 minutes, shaking halfway, until crisp.