

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Spicy Swiss Steak a la Alton

An Homage to Alton Brown's Swiss Steak Recipe

It's steak, but the Swiss never ate stuff like this! You control the zest with the chile powders and red pepper flakes; leave out to get a tasty, mild dish...

<i>2 lb round steak, trimmed</i>	<i>1 can (15 oz) diced tomatoes</i>
<i>2 tsp kosher salt</i>	<i>1 tsp smoked paprika</i>
<i>1 tsp freshly ground black pepper</i>	<i>½ tsp red pepper flakes</i>
<i>¾ cup all-purpose flour</i>	<i>½ tsp ancho chile powder</i>
<i>¼ cup light olive oil or bacon drippings</i>	<i>¼ tsp cayenne powder</i>
<i>1 large onion, thinly sliced</i>	<i>1 tsp dried Italian seasonings</i>
<i>1-2 tsp minced garlic</i>	<i>1 Tbsp Worcestershire sauce</i>
<i>2 stalk celery, chopped</i>	<i>1 can (15 oz) beef broth</i>
<i>2 Tbsp tomato paste</i>	<i>¼ cup minced cilantro leaves (opt.)</i>

Heat oven to 325° F. Season meat on both sides. Dredge meat in flour, then tenderize using a needler until each piece is about ¼ inch thick. Cut into small steaklets, then dredge again; set aside.

Add 1-2 Tbsp oil to Dutch oven over medium-high heat. Once oil is hot, add one layer of steaks to pot. Cook for 2-3 minutes per side; drain on paper towels. Repeat until all meat is browned.

Add remaining oil to pot and add onion, garlic and celery. Sauté for a couple of minutes, then add tomato paste and stir to combine. Add tomatoes and spices, then add Worcestershire, broth and cilantro (if desired). Mix well, then return meat to pot and submerge in sauce. Cover pot and cook in the oven for 1½ to 2 hours, or until meat is falling apart.

Yield: Four to six servings

Preparation time: 45 minutes

Cooking time: 2 to 2.5 hours, mostly unattended

