



# Vol au Vents

AROUND THE WORLD



CUBA - Ropa Vieja



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Ropa Vieja



## RECIPE

### Ingredients

Vol au Vent (de Boer Food R00100)

Ropa Vieja Filling, see recipe

### Amounts

1 each

6 oz (vol.)

### Preparation Method:

- Place warm Vol au Vent shells on work surface.
- Fill shell with Ropa Vieja Filling.
- Garnish as desired.
- Serve immediately.

## RELATED RECIPE - Ropa Vieja Filling

### Ingredients

Olive Oil

Sweet Onion, julienne

Green Pepper, julienne

Red Pepper, julienne

Flank Steak, sliced, cooked

Tomato, diced

Bay Leaf

Cumin, ground

Garlic Powder

Oregano, dried

Beef Stock

### Amounts

2 oz (vol.)

4 oz (vol.)

4 oz (vol.)

4 oz (vol.)

1½ Lbs (wt.)

4 oz (vol.)

2 each

1 tsp

1 tsp

1 tsp

1 cup (vol.)

### Preparation Method:

- Heat oil in skillet. Add onions and peppers. Sauté until translucent.
- Add the steak, tomatoes, spices and stock. Simmer for 20-30 minutes over low heat.
- Hold hot until ready to use.



Dinner Vol au Vent Bouchée 4"  
R00100 - 48 pcs/case

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