



Birria De Res

Traditional Mexican Dish

YIELD: 68	SERVING SIZE: 1 SERVING = 2 oz	SOURCE: Juan J Zamorano
NUTRITIONAL CONTRIBUTION PER SERVING:		

INGREDIENTS	QUANTITY	DIRECTIONS
Chuck Tender Choice	14.25 lb.	<ol style="list-style-type: none"> In a mixing bowl, mix tomato sauce, vinegar and spice mix, until it forms a paste. Place the beef in a 4" full steamtable pan. Rub paste on all sides of beef. Add water to bottom of the pan, add quartered onion to water. Cook in combi oven using the overnight soft cooking mode, on the fast setting to a target core temperature of 208 F. <p>Birria Spice Mix: 1½ T. Granulated garlic, 2½ T. Chili Powder, ½ c Paprika, 2tsp Cumin, 2tsp Oregano, ½ tsp ground Clove, ½ tsp Black Pepper, 2 T. Salt.</p> <p>This dish can be served with a Cilantro, diced Onion , Radish topping. Along with Lime wedges and hot sauce. If served as a bowl, it can be served with ¼ c of pinto beans, if served as a taco, it can be served with a ¼ cup of its own consommé.</p>
Tomato Sauce	3 cups	
Birria Spice mix	1 cup	
Vinegar	½ cup	
Large Yellow Onion	1 ea. cut in quarters	
Water	½ gallon	

NUTRITION INFORMATION PER SERVING											
Calories	141	Total Fat	6 g	Saturated Fat	2 g	Cholesterol	66 mg	Sodium	273 mg	Protein	19 g
Total Carbohydrate	1 g	Dietary Fiber	.3 g	Total Sugar	g	Vitamin D	mg	Calcium	mg	Iron	285 mg