

Stuffed Eye of Round Roast (*Muchacho Relleno*)

This recipe really means a lot to me, because my mom would make it for birthdays or baptisms—in my family we are good old Catholic Spaniards. We would always share kitchen duties and ingredient prep equally. My parents, for instance, took care of heavier things such as meat and potatoes, while we, my sisters and cousins, would handle the veggie cutting, washing and chopping. Of course, now that we are older, we only make this recipe for Christmas Eve or New Year... And as a grown-up, I finally get to drink red wine, like a good islander's daughter.

I am going to share below the ingredients, which yield enough for 9 people.

Ingredients

- 1 (4.5-6.5 lb.) beef *muchacho redondo* roast [top sirloin cap or rump roast with the fat on top]



(My parents would handle the seasoning and cutting of the meat.)

Vegetables:

- 9 oz. capers



-9 oz. pimento-stuffed olives



-1 head of garlic



-3.5 oz. sweet chili pepper (*aji dulce*)



-5 oz. bell peppers



-5 oz. onion



-Black pepper



-8.4 fl. oz vegetable oil



- . 3.5 oz. oregano



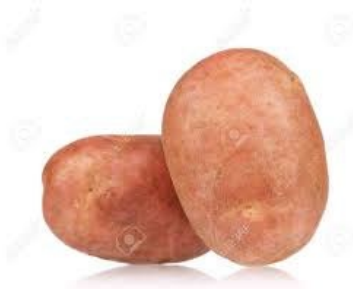
-Salt



-Cumin



-2 potatoes, big



-3 carrots, medium



-White wine



I always remember that my parents, when they'd start cooking, they would play *merengue* and *pasodobles*, so we danced and spent time together from noon until the wee hours. Even though we were Spaniards among Venezuelans, we lived together as a single race. We did not feel resentment toward us, because we understood that, even though we had different origins, we had adapted to Venezuela's tropical heat.

Directions below.

Directions

In a medium saucepan, boil potatoes and carrots until cooked.

Finely dice (*brunoise*) onion, bell pepper, sweet chili pepper and garlic. Then, using a small knife, cut small holes into the roast, and fill them with the chopped vegetables (onion, bell pepper, sweet chili pepper and garlic), adding also salt and pepper to taste, oregano, capers and olives.

Sear the stuffed roast, i.e., brown with vegetable oil for 2 to 3 minutes turning constantly.

After searing the roast, place it in a large pot with the white wine and stew it over a low heat for 40 to 50 minutes or until tender.

Blend the liquid from the stew with the potatoes and carrots to thicken it. Cut cooked roast into slices, return to pot along with the thickened sauce, and cook for 10 more minutes.

The only thing I don't know is why this dish is called *muchacho* [boy].

“To remember is to liven again.” I am proud of my roots, but nowadays I hear with sadness how history wants to pass judgment on Spaniards, as it is said that they arrived in the Americas and committed abuse, massacres, genocide and many other atrocities against the indigenous people. We can't deny, of course, that many things happened, but at present there is no one who can attest to all those things really happening as history tells us. It is very difficult to understand for me because I have lived with both peoples, and I have felt their solidarity and human warmth.

We should give ourselves the opportunity to live with the Ibero-American people and understand their idiosyncrasy and customs. Much has been said about the Spanish people, but personally, I share both cultures —I feel a Spaniard because of my family, I feel Venezuelan because of my adopted country, and now I am Mexican because of my husband. I really feel that, at the end of the day, we are all equal, and I am proud to have Spanish as my mother tongue.



Oh, red wine is a must, of course, because it goes with red meat. We serve this dish with butter and garlic bread, and it is really delicious. I hope you will make it and enjoy it.



It is with deep sadness that this will be, I think, one of the last recipes I share with the Sigma Delta Pi Hispanic Society at the University. I could truly relate to all of you. I take your love with me, and I hope to see you again soon.

Suyin Carrillo