

Dana Etli Barbacoa

Authentic slow-cooked beef barbacoa recipe with tender, flavorful meat perfect for tacos, burritos, and Mexican dishes. Easy pressure cooker method.

15 min

HAZIRLIK

8h

PIRME

8h 15min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Dana Etli Barbacoa

Malzemeler

- 1 onion
- 5 clove garlic
- 2 guajillo pepper
- 1 red chilli
- 1 cup beef broth
- 1 tbsp sunflower oil
- 2 bay leaf
- 2 lb chuck roast
- 1 tbsp oregano
- 2 tsp cumin
- 1 tsp black pepper
- 1 pinch salt

Yapılışı

- Prepare the chile sauce**

Heat a large dry skillet over medium heat (160°C/325°F). Add 1 onion and 5 garlic cloves to the pan and cook for 5-6 minutes, stirring occasionally, until lightly charred and golden brown on all sides.
- Add 2 guajillo chiles and 1 chipotle chile to the skillet and toast for 30 seconds, turning once, until fragrant and slightly darkened. Remove the skillet from heat immediately to prevent burning.**
- Transfer the toasted vegetables and chiles to a blender and add 1 cup beef broth. Blend on high speed for 60-90 seconds until completely smooth and no chunks remain.**
- Sear the beef**

Heat 1 tablespoon oil in the same skillet over medium-high heat (190°C/375°F). Season 2 pounds beef chuck roast generously with 2 teaspoons salt on all sides.
- Sear the beef in the hot oil for 2-3 minutes per side until deeply browned on all surfaces. Transfer the seared beef to your pressure cooker.**
- Pressure cook the barbacoa**

Pour the chile sauce over the beef in the pressure cooker. Add 2 bay leaves, 1 teaspoon oregano, 1 teaspoon cumin, and 1 pinch black

peppercorns.

- 7 Seal the pressure cooker and cook on high pressure for 90 minutes. Allow pressure to release naturally for 15 minutes, then manually release any remaining pressure.
- 8 **Finish and serve**
Remove and discard the bay leaves and peppercorns. Using two forks, shred the beef into bite-sized pieces directly in the cooking liquid.
- 9 Taste the barbacoa and adjust seasoning with additional salt if needed. Serve immediately with the cooking juices spooned over the meat.

?puçlar?

Sear the beef before pressure cooking to develop deeper flavors and create a beautiful crust that adds complexity to the final dish.

Toast the dried chiles in a dry pan until fragrant but not burnt – this releases their essential oils and intensifies their flavor.

Don't skip the step of blending the aromatics into a smooth sauce, as this ensures even flavor distribution throughout the meat.

Save the cooking liquid (consommé) – it makes an excellent base for soups or can be reduced into a concentrated sauce for serving.

For food safety, always let the pressure release naturally for at least 10 minutes before manually releasing any remaining pressure.

If the meat isn't tender enough after the initial cooking time, continue cooking in 30-minute increments until it shreds easily.

Remove excess fat from the cooking liquid before serving, but leave some for flavor and moisture.

Taste and adjust seasoning with salt at the end, as the flavors concentrate during the long cooking process.