

Lomo Saltado

Swick

Serves 2 to 3 | Active Time: 35 minutes | Total Time: 1 hour

Step 1: Preparing Your Mise en Place

- 4 small russet potatoes
- 1 medium green pepper
- 1 medium red pepper
- 1 large onion
- 2 medium tomatoes
- 4 to 5 tbsp peanut oil
- 1/2 tsp sea salt, or to taste
- 1/4 freshly ground black pepper, to taste

Preheat your oven to 475°F (245°C). Peel, rinse and cut the potatoes into small, even strips and place them into a bowl of hot tap water for at least 15 minutes.

Core the peppers and cut off the ends and then slice the peppers into 2-inch strips. Slice the onion vertically. Core and cut each tomato into 8 wedges.

Drain the potatoes and pat dry. Toss the potatoes with about one tablespoon of the oil. Season well with salt and pepper and toss again. Oil a baking tray with 3 or 4 tablespoons of the oil — for easier cleanup line the tray with aluminum foil first. Lift the potatoes out of the bowl and place onto the baking tray. Arrange them in a single layer, wrap with foil, and place into the oven. Bake for approximately 10 minutes.

Next, remove the foil from the potatoes. Continue to bake for approximately 15 to 20 minutes or until golden brown underneath. Once golden, flip them over and continue to bake for another 10 to 15 minutes or until golden on both sides.

Step 2: Preparing the Tempeh | Optional

- 1 (8-oz) pkg tempeh
- 2 tbsp soy sauce
- 1/2 tsp garlic granules
- 1/2 tsp onion granules

To prepare the tempeh, slice it into half and then slice into 1 1/2-inch pieces.

Depending on the package of tempeh, how it is sliced may vary slightly. Basically, they should be roughly the same size and/or length as the other ingredients.

Next, toss the tempeh with the soy sauce, garlic, and onions granules.

While the tempeh is optional, it does add a nice texture and added protein to the dish.

Step 3: Cooking & Finishing the Dish

- 1/4 cup soy sauce
- 1/4 cup white wine vinegar
- 2 tsp sambal oelek or aji amarillo paste (or to taste)
- 1 tbsp peanut or grapeseed oil
- 1/4 tsp sea salt, to taste
- 1/4 tsp freshly ground black pepper, to taste
- Jasmine Rice, (to serve as a side)

For this step, timing is key. First, if making it, cook and check the rice. When it's done, turn off the heat and fluff with a fork. Then set it aside with the lid slightly ajar. About 10 minutes before the fries are done, preheat a wok or large frypan over high heat.

Once the wok is hot, add the oil, followed by the tempeh, spreading the pieces out so that they come into contact with the hot wok. Let cook for a minute or so before tossing. Allow the tempeh to cook until it starts to brown and crisp on each side.

Next, add a touch more oil, if needed, followed by the onions. Cook for about a minute and then add the peppers. Cook the onions and peppers for a couple of minutes and then add the reserved tempeh pieces, followed by the tomatoes. Gently toss to combine the ingredients.

Add the soy sauce, vinegar, and sambal oelek. Gently toss to coat the ingredients in the sauce. Lastly, add the potatoes, season with salt and pepper, toss and serve immediately.

Serve with a side of jasmine rice (or your preferred grain) and additional sambal oelek, if desired.

Chef's Notes

When making fries, it's best to soak the potatoes prior to cooking. Soaking removes some of the surface sugar from the potatoes and gives them a delicate, crispy crust. Coldwater is often used, however, it's fine to use hot water to speed up the process.