



PARADISE BEACH PURVEYORS

## Steve's Winter Beef with Root Vegetables 28/06/11

Cook it long and slow on a wintry weekend and serve with a celeriac and potato mash accompanied by green beans, cauliflower, brussels sprouts, broccoli, swiss chard or cavolo nero and get your inner heater going. If you're not that keen on stronger flavoured root vegetables, leave them out and add extra carrot instead. Put the leftovers in portions in the freezer. Any stewing cut is suitable: beef such as gravy beef, chuck, brisket, shin, cheek or veal, pork or lamb: shanks, shoulder, forequarter, neck etc, even goat.

### Ingredients

Olive oil

1.5kg, or same weight of gravy beef or other stewing meat, trimmed of fat and parchment skin cut into "curry pieces"- 30-40mm chunks

1 med carrot, 3 sticks of celery, 9 cloves peeled garlic, 2 med onions or 1 leek, all pulsed in food processor until medium dice

4 bay leaves, 2 large sprigs of thyme

450ml red wine

1 x 400g tins Italian Roma tomatoes

Sea salt/ freshly ground black pepper

Boiling water as needed

1 swede peeled and cut in a 10mm dice. Or turnip

1 med carrot peeled and cut in rounds

1 med parsnip peeled and cut in rounds

Big handful chopped continental parsley to serve

### Method

Cook in the oven or on top of the stove. It's easier in the oven because it's more set and forget. Just pre heat the oven to 150C

In a heavy bottomed casserole with lid, over med to high heat, when the oil is hot, brown meat in batches. Leave the meat alone to brown properly on one side before turning it once to do the same to the other side. If it looks like it's going a bit black, turn the heat down a bit. Set aside in a bowl

In same pan, with a little more oil over med to low heat, gently sweat the diced vegetables and herbs with a little pinch of salt until going transparent and softening, scraping the caramelised meat juices off the base and sides of the pan

Raise heat to med, add wine, stir and bring to good rolling boil

Add tomatoes and roughly chop before stirring them in

Stir in browned meat and any juices from the bowl and add boiling water or stock until meat is 95% submerged

Put it in the pre heated oven with the lid on or gently simmer on the stove top- 1 ½ hours, until cooked but not falling apart, stirring occasionally and adding a little boiling water to keep it moist

If cooking in the oven, simply leave it for 1½ hours. Take it out and check the tenderness of the meat and add boiling water if needed

Remove the bay leaves and thyme stalks (the thyme leaves will have become detached from their stalks and melted into the sauce)

Add diced swede, carrot and parsnip and stir in

Simmer on the stove top or put it back in the oven until the meat is really tender and the root vegetables are cooked, add chopped continental parsley and adjust seasoning to taste

Celeriac and potato mash- 1/3 celeriac, 2/3 potato with plenty of hot milk, butter, seasoning and perhaps some freshly grated parmesan



