



Braised Beef

FROM THE BEST DUTY KITCHEN

INGREDIENTS

- 1.5 kg beef
- 2 tbsp vegetable oil
- salt and freshly ground black pepper
- 1 large onion (sliced)
- 4 cloves garlic (minced)
- 3 cups either beer, wine or beef stock
- 2 to 4 sprigs fresh herbs (rosemary or thyme)



METHOD

1. Heat the oven to 180°C. Brush each piece of beef with the oil, then sprinkle generously with salt and pepper.
2. In a Chef Supreme Casserole heat the oil over medium high heat. Add the beef in one layer, leaving room between each and working in batches if necessary. Sear the beef without moving for several minutes on each side, letting them brown deeply. Use tongs to turn and sear all sides.
3. Turn the heat down to medium, add the onion and garlic around the browned beef. Let the onions cook until they soften.
4. Add the beer, wine, or beef stock and bring to a simmer
5. After it comes to a simmer, add the herb sprigs. Cover and place in the oven.
6. Braise in the oven until the meat is very tender and pulling away from the bone. (2 to 2 1/2 hours.)
7. When the meat is done, rest in a Chef Supreme Casserole with lid for 20 minutes before serving.
7. Add the vinegar, and stir until the crystalized sugar dissolves.
8. Optional serve with mashed or roast potatoes.
9. Add mushrooms for extra flavour if desired.

