

BRAISED BEEF

Use either, top rump, braising steak, skirt or flank (1 kilo)

1 bunch small carrots

250g baby onions

200g button mushrooms

4 sticks celery peeled and diced

Tomato puree

1 Bouquet garni (bay leaf, 2 sprigs thyme, 2 sprig rosemary, parsley stalks)

1 beef stock cube

1 can of guinness, beer or bitter

Flour

Salt and pepper

1. Cut the meat into large chunks, not too small.
2. Season the meat with salt and pepper and pass through flour shaking off all the excess.
3. In a very hot pan brown the meat on all sides in a little vegetable oil
4. Place the meat in a deep casserole dish and add 1tspn of tomato puree
5. Dissolve the stock cube in 500mls water and add to the meat, stirring so that the flour mixes into the liquid
6. Add the beer and mix well
7. Add the carrots, mushrooms, celery and bouquet garni and cover with a tight fitting lid
8. Cook in a moderate oven until the meat is tender - 2 hours or more.
9. The liquid should thicken whilst cooking, if not thick enough stir in a little diluted cornflour.
10. Check the sauce for seasoning and serve.