

braised beef



ingredients:

500 grams gravy beef
1 large onion
oil spray
1 beef stock cube
1 teaspoon Vegemite
1 tablespoon Worcestershire sauce
1 tablespoon tomato sauce
2 cups boiling water
salt and pepper for taste

step one: Dice the beef into large cubes, removing any excess fat. Peel and roughly dice the onion.

step two: Lightly coat a fry pan with a spray of oil and heat the pan. Add the onion and gently brown. Stir often to ensure it doesn't burn.

step three: Ensure the pan is hot before adding the beef. Gently stir to ensure all sides of the beef cubes have seared. Transfer to a suitable pot.

step four: Place the boiling water into a heat proof jug and add all the other ingredients. Stir to dissolve and combine.

step five: Add $\frac{1}{2}$ the water mixture to the fry pan, scrape the pan to remove the meat juices and add to the pot. Add the remaining water and return to the boil.

step five: Reduce heat and simmer for at least two hours, stirring as needed to ensure the meat doesn't stick to the bottom of the pot. The beef is ready when it is soft and tender and the gravy has thickened.

step six: Serve with mashed potatoes and your favourite selection of vegetables.

helpful hints:

- Use any cut of 'tough' beef.
- As no thickening agent is used, the result is a beautiful glossy, full flavoured gravy like dish that is full of chunky pieces of meat.
- The cooking time allows for the meat to soften and become very tender. Over cooking will result in the meat falling apart.
- I love this with mashed potatoes and green beans, but sadly was out of beans the day I took the photo.

Enjoy!