



Beef Stifado

A classic Greek beef and onion stew

Serves : 4

Preparation Time : overnight marinade

Cooking Time : 1 1/2 hours

Ingredients

2 lb / 900 g braising steak
2 cloves garlic, roughly chopped
4 fl oz / 120 ml red wine vinegar
Zest of 1 orange
3 fl oz good quality extra virgin olive oil
5 fl oz / 1/4 pint / 150 ml red wine
2 lb / 900 g onions, peeled and if large, chopped into chunks
2 tbsp tomato puree
1 tsp honey
salt and pepper to taste

Herbs & Spices

1/4 tsp Allspice Ground
1 Cinnamon Sticks
4 Bay Leaves
1 Cloves Whole

Cooking Instructions

Mix the beef, garlic, vinegar, orange zest, allspice, cinnamon, clove and bay leaves in a big bowl making sure the meat is well covered. Leave to marinate overnight.

Preheat oven to 170C/325F/gas mark 3. Heat the oil in a heavy-based casserole. Add the onions and toss around in the hot oil for 2 -3 minutes. Lift the meat from the bowl, allowing the marinade to run off and to the casserole. Stir to allow to brown all over. Add the marinade, wine, tomato puree and honey. Mix thoroughly. Add enough water to cover the meat and onions, and bring to a simmer. Once simmering transfer to the oven and allow to cook for 1 1/2 hours or until the beef is 'melt-in-the-mouth' tender. Season the sauce as required.