

Beef Stifado



Serves 4

Preparation Time: overnight marinade

Cooking Time: 1 1/2 hours

Herbs and Spices Required:

[1/4 tsp Ground Allspice](#)

[4 Bay Leaves](#)

[1 Cinnamon Sticks](#)

[1 Whole Cloves](#)

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 and Spices as listed above



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.

Remove to a serving dish, squeeze the juice of the second lime over them and garnish with the coriander leaves.

(Alternatively the wings can be grilled or barbecued for 25 to 30 minutes, turning frequently and without adding the reserved marinade)