

Boozy Beef and the Sunday Papers

Recipe By Sharon Lurie



Cooking and Prep:  2
h 35 m

Serves:  6

Contains:  

Preference: Meat

Difficulty: Medium

Occasion: Shabbat

Source: KosherScoop.com

There's nothing better than relaxing on a cold day with the fire burning, newspapers spread across the floors, eating a hearty beef dish that has been cooking slowly for hours in a dark rich gravy.

Ingredients (14)

Main ingredients

- 3 leeks, sliced
- 4 large carrots, sliced
- 2 onions, chopped
- oil, for frying
- 3 pounds beef, cut in stroganoff strips
- 1/2 cup flour
- 1 tablespoon gravy powder or beef stock powder

- 1 teaspoon mustard powder
 - 1 cup beer
 - 2 cubes beef stock mixed with 2 cups boiling water
 - 4 ounces Gefen Tomato Paste
 - pepper, to taste
 - 1 teaspoon brown sugar
 - salt, to taste
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Start Cooking

Make the Beef

1. Fry the vegetables in a little oil until limp. Remove and set aside.
2. Mix together the flour and gravy powder.
3. Sprinkle the meat with the flour mixture and mustard powder and fry in the same pot used for the vegetables. Fry a little batch at a time so that the meat browns (too much meat will cause it to boil).
4. Once all the meat has been fried, put it all back into the pot and add the beer and beef stock.
5. Place the vegetables back into the pot with the meat and simmer for about 10 minutes.
6. If you are using a large cast-iron pot, which is also suitable for the oven, place it, covered, into the oven at 160 degrees Celsius for one hour. Otherwise, transfer the meat into an ovenproof dish, cover it with foil or a lid, and do the same.
7. Remove the meat from the oven and add the tomato puree/paste, sugar, salt and pepper to taste.
8. Stir well and if at this point you feel there isn't enough liquid, add a little water. It really depends on how you like your gravy – thicker or thinner! Turn the oven down to 140 degrees Celsius and cook for one hour further.

Tip:

The best part of this meal is using a chunk of bread to soak up all the gravy!