



MEAT DISHES

Week 2

Braised beef with onions

Serves: 10

Item Code	Description	Quantity	Pack Size
03435	• Everyday Favourites Extended Life Vegetable Oil - Polybottle	60ml	4x5ltr
33852	• Farmstead Featherblade Steak	2kg	1x10
90053	• Dufrais Red Wine Vinegar	100ml	6x2ltr
	Onion	900g	
01456	• Chef William Garlic Purée	20g	6x475g
70375	• Chef William Paprika	5g	6x500g
50648	• Red Cooking Wine	400ml	2x5ltr
17576	• Everyday Favourites Chopped Tomatoes	1000g	6x2.5kg
05636	• Tomato Purée	15g	12x400g
70362	• Chef William Tarragon	5g	6x90g
70306	• Chef William Bay Leaves	2	6x50g
04176	• Everyday Favourites Beef Bouillon Mix	500ml	1x2kg

Key: • Ambient | • Frozen | • Chilled

Pre-prepared instructions

Preheat the oven to 140°C or gas mark 1.

Method

1. Heat half the oil in a shallow casserole dish. Brown the steaks well on each side, and then remove from the pan.
2. Splash the vinegar into the pan and let it bubble and almost evaporate. Add the rest of the oil and the diced onion and gently fry for 10-15 minutes until softened.
3. Stir in the garlic and the paprika and cook for 1 minute, then pour in red wine, chopped tomatoes, tomato puree, tarragon and bay leaves.
4. Add 500ml of boiling water to beef bouillon paste and whisk then pour into a dish.
5. Season the steaks, cover and place in the oven for 2 hours stirring halfway through and adding a splash of water if needed.
6. Cook until the meat is tender, the liquid will reduce by a 1/3 during cooking.
7. Remove bay leaves before serving.

Nutritional values per portion

Energy (kJ/kcal)	1980/473	Total Sugars (g)	9.4
Fat (g)	24.3	Fibre (g)	2.6
Saturated fat (g)	0.5	Protein (g)	41.7
Carbohydrate (g)	13.6	Salt (g)	0.7

Allergens

Contains:

Sulphur Dioxide and Sulphites