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BRAISED BEEF IN RED WINE

Ingredients:

- 3 tbsp Olive Oil
- 2 Onions Chopped
- 2 Garlic Cloves chopped
- 1kg Stewing Steak cut into thick strips
- 2 tbsp Plain Flour
- 300ml Good Red Wine
- 225ml Stock (Veg or Beef)
- Sage
- Parsley (to garnish)
- 1 tbsp Tomato Puree
- Salt/ Pepper

Preparation:

Preheat the oven to 150 deg.

Heat 1 tbsp of oil in large frying pan then add the chopped onions and cook over a medium heat for 6 minutes until soft and brown.

Transfer to a casserole.

Heat the remaining oil and add the Steak Strips, brown for 3-4 minutes.

Sprinkle in the flour and stir well to prevent lumps.

Season with salt and pepper.

Add the red wine, continue to stir and bring to the boil.

Put into the casserole, add the sage, stock and tomato puree and cover.

Cook in a preheated oven for 2.5 – 3 hours.

Garnish with parsley and serve.