

Let's Talk Food Literacy

Braised Beef

Makes 8-10 servings

Ingredients

Protein foods:

- 3.5lbs pot roast (e.g. blade, cross rib, rump)
(steak cuts work too: blade, round, chuck or shank)

Vegetables:

- 2 onions, peeled, chopped
- 2 ribs of celery, chopped
- 2 carrots, peeled, chopped
- 3 Tbsp tomato paste
- 3 potatoes, chopped

Other:

- 1 L beef stock
- 3 Tbsp vegetable oil
- Sprigs of thyme or bay leaves (optional)
- Salt and pepper

Directions

1. Turn oven on to 325°F.
2. Season beef with salt and pepper.
3. Heat oil in Dutch Oven or oven safe pot with lid on stove using medium-high heat. Brown the meat on all sides. Remove meat.
4. Wash vegetables. Add onions, carrots and celery to pot and cook for 3 minutes. Add 2 Tbsp tomato paste. Stir and cook for 5 minutes.
5. Add ½ cup beef stock to pot, and use a spoon to lift the brown bits off the bottom (deglaze).
6. Put meat into pot. Add remaining beef stock and simmer on medium heat. Add thyme and bay leaves.
7. Cover pot and put in oven for 1.5 hour. Then, turn over beef, add potatoes, and cook for another hour.
8. Place meat on a plate and poke with a fork. If fork comes out easily AND if the thermometer reads 88°C or 190°F, it is ready. Cover meat with tinfoil and let rest for 10 minutes.
9. Remove vegetables and potatoes; keep warm.
10. To make a gravy, skim off the fat from remaining liquid. Strain liquid into a small bowl and add 1 Tbsp tomato paste. Return liquid to the pot. Let simmer until slightly thickened.
11. Slice beef and serve with the cooked vegetables and potatoes.



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Tips and Tricks:

- ⇒ **Wash hands** with soap and water before, during and after preparing food.
- ⇒ **Adapt this recipe** to your family's taste.
- ⇒ **Use a *calibrated* thermometer** to see if beef is cooked. *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust the dial to read 0° (32°F).
- ⇒ **Using a slow cooker?** Use a frying pan for steps 3-5; switch to a slow cooker for step 6. Cook in the slow cooker for 10 hours on low.

Watch the how-to video! <https://www.youtube.com/watch?v=W5FckIXd8wU>