



Basic braise



Serves 6-8

Recipe by Lucy Tweed



8 hours max

INGREDIENTS

- 1.5 kg of your favourite stewing meat (beef chuck, lamb shank, or pork shoulder)
- 1 head of garlic, peeled and crushed
- 1 onion, roughly chopped
- 1 celery stalk, chopped
- 2 carrots, chopped
- A few sprigs of your favourite woody herb (thyme, rosemary, or bay leaves)
- 1 tsp black peppercorns + large pinch of salt
- 1 L of stock (beef, chicken, or vegetable)
- Optional: 1 tbsp tomato paste, ½ cup of wine

NOTES

If you prefer a thicker sauce, you can remove the lid for the last 30 minutes of oven cooking or stir in a slurry of flour and water (1 tbsp flour mixed with 2 tbsp water) towards the end.

DIRECTIONS

1. If time permits, heat a large pan over medium-high heat and sear a few pieces of the stewing meat until browned on one side. This step adds a deeper flavour to the stew.
2. Oven Method: Preheat the oven to 160°C. In a heavy, ovenproof dish, combine all the ingredients including optional tomato paste and/or wine. Cover the mixture with a baking paper cartouche (a round piece of baking paper placed directly on the surface of the stew) and then seal tightly with foil. Cover with a heavy lid and place the dish in the oven. Cook for 3.5 to 4 hours until the meat is tender and the flavours are developed.
3. Slow Cooker Method: Place all ingredients into the slow cooker and combine well. Cover and cook on low for 6-8 hours or until the meat is tender
4. Pressure Cooker Method: Add all ingredients to the pressure cooker. Seal the lid and cook on high pressure for 50 mins. Allow the pressure to release naturally or use the quick-release method according to your pressure cooker's instructions.
5. Finish with a splash of vinegar or a squeeze of lemon juice.



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