



## Braised Steak and Onions

### Culinary Love Recipe

#### Ingredients

- 750g braising steak
- 1 tablespoon of oil
- seasoned flour
- 1 teaspoon of butter
- 3 onions, sliced
- 1 clove garlic, crushed
- 1 ½ cups beef stock
- salt & pepper
- 1 bouquet garni

#### Method

1. Trim excess fat from beef. Cut the beef into serving size pieces and dredge with seasoned flour.
2. Brown a few pieces at a time in hot oil and butter in a heavy saucepan or a flame proof casserole dish.
3. Remove meat. Add onions and garlic until onions begins to brown.
4. Add stock and bouquet garni and bring to boil, stirring once or twice.
5. Add meat, cover tightly and simmer gently on top of stove or in a pre-heated moderate slow oven 160c (140c fan forced) for 2 ½-3 hrs or till meat is tender.
6. Remove bouquet garni, adjust seasoning and serve with mashed potatoes and a green vegetable. Serves 4.

#### Bouquet garni

Tie in a bundle 1 bay leaf, parsley stalks, thyme & celery.

**Variation**

**Old Fashioned Beef Casserole**

Same as Braised Steak and Onions, but 2 cups beef stock instead of 1 1/2 and add 2 carrots sliced, 1 turnip into chunks and 2 sticks celery sliced. Cook same time.

