

Braised Beef Chuck With Tomato And Bacon



Ingredients

- 1kg Beef Chuck (4cm Long Pieces)
- Olive Oil (For Cooking)
- 4 - 8 Whole Peeled Onion
- 1 large Brown Onion (Sliced)
- 2 Rashers Bacon (Sliced)
- 2 Cloves Garlic (Sliced)
- Sea Salt (To Taste)
- 8 large Brown Mushrooms (In Wedges)
- 1 cup Fresh Tomato Puree
- 1 Fresh Bay Leaf
- 1 sprig Rosemary
- 2 sprigs Thyme

Method

1. Brown off the beef in a little olive oil, in a large roasting tray.
2. Remove the meat when well coloured on all sides and set aside.
3. Add the pearl onions to the same tray and caramelize well on all sides.
4. Add the sliced onion, bacon, garlic and salt.
5. Reduce the heat so the onion doesn't colour too much but rather just softens and sweetens.
6. Add the mushrooms, stir through, then return the meat to the roasting tray and mix all ingredients together well.
7. Add the tomato puree, enough to just cover.
8. If it doesn't quite cover the meat, you can top up with chicken stock or water.
9. Add the herbs, cover with foil and braise in a medium oven for 2 ½ hours.
10. Serve with your favourite vegetables or salad and plenty of soft polenta.

Recipe brought to you by Peninsula Bulk Meats