



mushroom, beef & red wine casserole

Ingredients

1 kg chuck or boneless shin/gravy beef
250 gms Mercer button mushrooms, halved
2 cloves garlic, crushed
2 tbsp plain flour
250 ml red wine
750 ml beef stock
2 bay leaves (optional)
8-10 whole baby onions, peeled
4-5 sprigs fresh thyme

Preparation method

1. Preheat oven to 180°C. Cut beef into 2.5-3cm cubes. Season with salt and pepper, and add about 2 tablespoons of oil to the beef, mix well. Heat a large frypan over a medium-high heat. Brown the beef in 2 or 3 batches. Remove each batch and place it in a casserole dish.
2. Reduce heat in the pan, add a little oil, add the mushrooms, onions and garlic, cook for 1–2 minutes, and stir occasionally.
3. Sprinkle in flour and stir until the mushrooms and onions are coated. Gradually pour in the wine and stock, stirring well. Add the herbs, stir until the mixture boils. Add to the casserole dish, stir to combine. Cover the casserole dish, place in oven. Stir every 40 minutes or so, add water if needed to keep the ingredients just covered. Cook until the beef is very tender.

Cooktop method: Place the browned beef and other ingredients in a heavy-based pot. Partially cover, keep the heat low. Stir occasionally, add water if needed during the cooking time to keep ingredients well covered. Simmer until the meat is very tender.