



SHREDDED BEEF / ROAST BEEF / BEEF STIR FRY / BEEF STEW / GOULASH /



Shredded Beef

- 1 large green bell pepper, chopped
- 1 yellow onion, chopped
- 2 garlic cloves, chopped
- 1 (2-1/2- to 3-pound) bottom round roast
- 1 (8-ounce) can tomato sauce
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- Salt and pepper to taste

PREPARATION

In a slow cooker (3-1/2 quarts or larger), combine bell pepper, onion, and garlic; place roast on top of vegetables.

In a small bowl, combine tomato sauce, chili powder, cumin, salt, and black pepper; mix well and pour over roast. Put in the pressure cooker for about half an hour, let cool, check that beef is shreddable, if not, put back in the pressure cooker for another 10 mins, or until meat pulls apart with a fork. Serve with rice.

HOW TO ROAST BEEF...

the rest is up to you

2kg topside of beef

1 tbsp vegetable oil

1 tbsp English mustard powder

1 tsp sea salt

2 large carrots, halved lengthways

12 shallots, peeled and halved

2 bay leaves

2 tbsp plain flour

300ml full-bodied red wine

500ml fresh beef stock

2 tsp redcurrant jelly

Preparation

1. Let the meat come to room temperature for 1 hr before you roast it. Heat oven to 220C/200C fan/gas 7. Dry the meat with kitchen paper, then rub the oil all over it. Mix the mustard powder with the sea salt and 1 tsp pepper, then rub this over the meat too. Lay the carrots in a large roasting tin to make a trivet and sit the beef on top, fat-side up.
2. Roast for 15 mins, then turn the heat down to 180C/160C fan/gas 4 and roast for another 55 mins. This will give you medium beef; for medium-rare, cook for 45 mins. (When it's done, a probe thermometer inserted into the thickest part of the beef should read 65C).
3. With 30 mins cooking time left, baste the beef in the fat that has pooled in the tin, add the shallots and bay leaves, and coat these in the fat too. Season and return to the oven. Meanwhile, boil the wine in a small saucepan to reduce it by two-thirds.
4. When the meat is ready, transfer to a board, cover loosely with foil and leave to rest. Turn the oven up to 200C/180C fan/gas 6 and return the tin to the oven for a further 10-15 mins until the shallots are tender.
5. Scoop out the shallots with a slotted spoon and set aside to keep warm. Remove the excess fat from the tin and discard, leaving 1 tbsp fat and all the dark juices behind. Add the flour and cook on the hob for 2 mins, stirring constantly. Gradually whisk in the reduced wine, followed by the stock and redcurrant jelly, scraping up all the tasty bits from the bottom of the tin. Bubble until thickened and rich, add the juices from the resting meat, then season to taste. Discard the carrots. Serve the beef with the gravy and shallots.

BEEF STIR FRY

4cm/1 ½ in piece of ginger

4 tbsp soy sauce

4 tbsp mirin

3 garlic cloves

2 tbsp chopped pineapple

2 tsp red chilli flakes or Korean chilli powder

3 tbsp golden caster sugar

3 tsp sesame oil

500g sirloin or rump steak

1 large onion

1 tbsp toasted sesame seeds

200g cooked basmati rice

chopped spring onions

Preparation

1. Put the ginger, soy, mirin, garlic, pineapple, chilli flakes, sugar and 1 tsp of the sesame oil in a food processor and blend until fine. Pour the marinade into a bowl, add the meat, mix well and leave to sit while you prepare the onion.
2. Heat the remaining sesame oil in a large wok or frying pan until very hot. Add the onion and stir-fry for a few mins. Add the beef and the marinade, stirring constantly until it's cooked through, about 5 mins. Sprinkle with the sesame seeds and serve with rice and chopped spring onions.

Quick and Easy Beef Stew

Serves 4

Nothing tastes better than beef stew.

What You'll Need:

2 tablespoons vegetable oil

2 1/2 pounds beef stew meat, trimmed and cut into 1-inch chunks

1 onion, coarsely chopped

1 garlic clove, minced

1/2 teaspoon black pepper

2 (15-ounce) cans mixed vegetables, undrained

1 (15-ounce) can whole potatoes, drained and quartered, with liquid reserved

1 (14.5-ounce) can whole tomatoes, drained and quartered, with liquid reserved

1 (10.5-ounce) can condensed beef broth(stock cubes are perfect here)

Preparation

1. In a large pot or pressure cooker, heat oil over high heat. Add beef, onion, garlic, and pepper, and cook 10 minutes, or until beef is browned, stirring frequently.

2. Stir in remaining ingredients, including reserved liquids, and bring to a boil. Reduce heat to medium and cook 1 hour (10 mins in pressure cooker), or until beef is tender and a thick gravy has formed, stirring occasionally.

For a chunkier stew, use 1 can cut green beans and 1 can sliced carrots instead of 2 cans mixed vegetables. If using a pressure cooker, it is possible to leave untouched in the pan over night. Do not open the pressure cooker once cooked, and bring to the boil/pressure for 2 mins before serving the next day.

NOTE: This is perfect cooked in a pressure cooker, saving time and gas.

Goulash To Go

Serves 4

Great for when the weather is a bit inclement, or you just want a hearty meal.

1/4 cup (1/2 stick) butter
1 1/2 pounds beef round steak, cut into 1-inch chunks
2 large onions, quartered
2 potatoes, peeled and quartered
4 carrots, cut into 1-inch chunks
2 cups water
1 3/4 cups beef broth (stock cubes are perfect here)
1 teaspoon paprika
1/2 teaspoon black pepper
2 tomatoes, chopped

Preparation

1. In a large pan or pressure cooker , melt butter over high heat. Add steak and onions and cook 6 to 8 minutes, or until meat is browned, stirring frequently. Add remaining ingredients except tomatoes, cover, and reduce heat to low. Simmer 45 minutes (5-8 mins in a pressure cooker).
 2. Add tomatoes and simmer, uncovered, 25 to 30 minutes (4-5 mins in a pressure cooker), or until beef is tender and sauce is thickened.
- Don't forget some bread to mop up all that lovely sauce.