

## Beef Hotpot

### INGREDIENTS

- 1kg braising steak, trimmed and cut into chunks
  - 1 onion finely chopped
  - 1 garlic clove, finely chopped
  - 2 tablespoons rapeseed oil
  - 1 large white onion, chopped
- 400g carrots (peeled and chopped weight)
  - 1 tablespoons plain flour
  - 1 tablespoon tomato puree
  - 1 cup red wine (optional)
    - 2 cups beef stock
  - 2 teaspoons fresh thyme
- 1 kg potatoes (I used Maris Piper) peeled and sliced
  - 1 tablespoon butter

### METHOD

- Preheat the oven to 175 C
  - Season the meat with a little salt and pepper
  - Put half the oil in a large casserole dish over a high heat
- Brown the meat in batches. Make sure you get the pan sizzling hot and don't over crowd it. That crust on the meat is where so much of the flavour is going to come from. When you have finished browning the meat, take it out of the pan and set aside
- In the same pan, put the rest of the oil and add the onion. Cook for a few minutes till softened but not browned. Add the carrots and cook for another few minutes
  - Lower the heat and add the garlic. Cook for another minute
  - Add the tomato puree and cook for another couple of minutes
- Add the flour and cook for another minute mixing constantly to cook out the flour
- Gradually pour in the wine and stock, mixing constantly. If not using wine, add a glass of water
  - Add the thyme and return the beef to the pan too
- Bring to the boil, lower the heat and simmer for about ten minutes. Taste for seasoning and add if needed
- Transfer the meat to an ovenproof dish and arrange the sliced potatoes on top
  - Cover tightly with foil and bake for an hour
- Remove from the oven. Melt the butter and brush over the potatoes. Return to the oven and bake for another half hour till golden brown
  - I serve it with broccoli or peas