

## Stifado Beef & Onion Stew

### INGREDIENTS

- 4 tbsp canola oil
- 1 kg white onions, sliced
- 1/2 kg brisket or braising steak cut into cubes
  - 1 cup malt vinegar
  - 2 tbsp tomato pure
  - 1 cup red wine
  - 4 bay leaves
  - Salt and pepper

### METHOD

- Fry the onions in the oil till soft and golden.
- Add the tomato puree to the onions and cook for another couple of minutes
- In a separate pan fry the beef in batches to get it lovely and caramelised
  - Add the cooked beef to the onions
- Add the vinegar, wine, bay, 1 tsp salt and 1 tsp pepper and let it simmer on a low heat for about 1hr
- The beef should be deliciously tender and the sauce thick and full of rich onion flavour
  - Serve with rice or bulgur wheat and Greek yoghurt

*Note ... Even better the next day!*