



Slow-cooked Beef Pot Roast



At weekends when we just want to relax with the kids and enjoy a meal together with not too much time taken to prepare it, this is often our first choice. It takes only 15 minutes or so preparation time and then it's left to cook slowly for hours with only the effort of plating up involved.

Ingredients

- ♦ 2 tablespoons olive oil
- ♦ 1.5 kg/ 3lb of beef shoulder/blade roast
- ♦ 1 large onion, peeled and sliced
- ♦ 4 cloves of garlic, peeled but left whole
- ♦ 3 medium carrots, peeled and cut into large chunks
- ♦ 2 celery stalks, sliced
- ♦ 3 potatoes, peeled and cut in half
- ♦ 1/2 cup red wine
- ♦ salt and pepper
- ♦ parsley, finely chopped, to garnish

Serves 6

To Cook

In a heavy-duty cast iron pan such as a Dutch oven heat the oil on a medium heat and when it is very hot add the meat and leave for a few minutes on each side, turning to brown and seal it. When the meat has browned all over, remove it to a plate. Add the vegetables and sauté until the onion is soft. Add the wine and seasoning and return the beef to the pot. When it reaches simmering point, reduce the heat and cover the pot with a tight-fitting lid. Let it cook for 3 hours or so until the meat is very tender, then lift the meat on to a warm serving platter, cover and keep warm. Turn the heat high to reduce the liquid to a thick sauce. Strain the sauce and serve poured over the beef. Garnish with parsley and serve with boiled potatoes. A bunch of flavouring herbs may also be added, such as marjoram, thyme, parsley and bay leaf tied with string. Lift out and discard after cooking.