

BEEF NAVARIN

EQUIPMENT

LARGE CASSEROLE DISH OR DUTCH OVEN, MIXING BOWLS, CHEF KNIFE,
TONGS, FINE MESH SIEVE, SMALL SAUCEPAN

INGREDIENTS

2-2.5KG ROLLED BEEF BRISKET, 3 STAR ANISE, 20 FENNEL SEEDS, 3 WHOLE CLOVES, 1 DICED BROWN ONION,
1 LONG RED CHILLI, 6 SMALL DESIREE POTATOES, 20 PITTED KALAMATA OLIVES, 8-10 DUTCH CARROTS,
4 CLOVES GARLIC, ½ BUNCH THYME, ½ BUNCH FINELY CHOPPED FLAT LEAF PARSLEY, 1KG BEEF STOCK,
SALT, CRACKED BLACK PEPPER, EXTRA VIRGIN OLIVE OIL

METHOD

TO BEGIN: PLACE THE DUTCH OVEN ON THE STOVE TOP OVER MEDIUM HEAT. PLACE THE STAR ANISE, FENNEL AND CLOVES INTO A MORTAR AND PESTLE AND GRIND TO A FINE POWDER, ADD A GENEROUS PINCH OF SALT AND CRACKED BLACK PEPPER AND MIX TOGETHER
RUB THIS SPICE MIX OVER THE ENTIRE SURFACE OF THE BEEF AND INTO ANY CRACK AND CREVICES
PLACE A SPLASH OF EVOO INTO THE POT AND SEAL THE BEEF ON ALL SIDES OVER MEDIUM HIGH HEAT, ONCE SEALED REMOVE FROM THE POT AND SET ASIDE

IN THE SAME POT PLACE THE DICED ONION, ROUGHLY CHOPPED GARLIC AND CHILLI AND SAUTÉ FOR 3-4 MINUTES OVER MEDIUM HEAT UNTIL BEGINNING TO SOFTEN

NEXT ADD THE THYME AND OLIVES AND RETURN THE BEEF TO THE POT, POUR OVER THE STOCK AND PLACE BACK ON THE STOVETOP OVER HIGH HEAT AND BRING TO THE BOIL, ONCE BOILED PLACE IN A PRE-HEATED OVEN COMBI SETTING 150°C FOR 45 MINUTES

WHILE THE BEEF COOKS PREPARE THE VEGETABLES BY SLICING THE POTATOES INTO 2-3CM SLICES AND SET ASIDE. LEAVE A LITTLE GREEN STEM ON THE CARROTS AND PEEL WITH A VEGETABLE PEELER

AFTER 45 MINS IN THE OVEN REMOVE THE POT AND ADD THE POTATO AND CARROTS, PLACE THE LID ON THE POT AND RETURN TO THE OVEN FOR A FURTHER 2 HOURS AT 150°C

ONCE COOKED REMOVE FROM THE OVEN AND PASS THE STOCK THROUGH A SIEVE OVER A MIXING BOWL OR POT. TRANSFER THE STOCK TO A SAUCEPAN AND REDUCE BY HALF OVER HIGH HEAT

WHILE THE STOCK REDUCES REMOVE THE BEEF FROM THE POT AND SLICE AWAY THE TWINE.

PLACE THE VEGETABLES ON A LARGE SERVING PLATTER AND SLICE THE BEEF WITH A SHARP KNIFE INTO 2CM SLICES, ARRANGE THE SLICED BEEF ON TOP OF THE VEGETABLES AND ONCE THE SAUCE HAS REDUCED ADD AT THE LAST SECOND THE PARSLEY TO THE SAUCE AND SPOON OVER THE ENTIRE DISH

HINTS & TIPS

- TRADITIONALLY THIS IS A STEW OF LAMB AND TURNIPS, WE HAVE CHANGED IT A LITTLE BUT YOU CAN ACHIEVE THE TRADITIONAL BY OMITTING THE POTATOES FOR TURNIP AND THE BEEF FOR LAMB

- THIS DISH IS A GREAT WINTER WARMER AND WILL KEEP IN THE REFRIGERATOR FOR 2 DAYS

- IF YOU CAN'T FIND A ROLLED BRISKET ASK THE BUTCHER FOR EXTRA LARGE CHUNKS OF GRAVY OR STEWING BEEF