



Campaigning for people to "Season with Sense"



## GARY MACLEAN'S BRAISED SHOULDER OF BEEF STEW

 **Prep: 15 minutes**

 **Cook: 2 hours 45 minutes**

 **Serves: 4**

### INGREDIENTS:

- 800g Diced Beef shoulder
- 2 Carrots, peeled and chopped
- 2 sticks Celery, peeled and chopped
- 100g Baby onions, peeled
- 100g Mushrooms, quartered
- ½ head Celeriac, peeled and chopped
- ½ bulb Garlic, chopped
- 25g Tomato puree
- ½ tsp **LoSalt**
- 25g Plain flour
- 175ml Red wine
- 2ltr Beef stock
- 2 sprigs Rosemary
- 2 sprigs Thyme
- ½ Savoy cabbage, shredded
- 400g Butter beans

### METHOD:

1. Preheat your oven to 150°C / Gas Mark 2.
2. In a large casserole dish, brown the beef then remove from the pan and set aside.
3. Add the carrots, celery, baby onions, mushrooms and celeriac to the pan. Once softened, add garlic and cook for a further 2 minutes.
4. Add into the pan the tomato puree, **LoSalt** and flour to create a sticky mix.
5. Add the red wine and reduce down so that the wine incorporates into the vegetables.
6. Add the beef stock and the herbs.
7. Pop the browned beef back into the casserole dish, cover and put in oven for about 2.5 hours.
8. Once the beef is tender, remove from oven and then add the savoy cabbage and butter beans.
9. Place back onto the hob, bring to the boil and check the seasoning.