COOKING PASSION SINCE 1877

Italian Beef Casserole with Cannellini Beans

DIFFICULTY: EASY

PREPARATION TIME: 20 MINUTES

COOKING TIME: 2 HOURS 15 MINUTES

SERVES: 6

Ingredients

1kg oyster blade steak, cut into 2.5cm pieces

1/4 cup flour

1/4 cup oil

2 large onions, chopped

100g bacon, diced

1 x 400g can cherry tomatoes

140g can tomato paste

1/2 cup port

15g dried porcini mushrooms, soaked in 1 cup boiling water

4 cloves garlic, crushed

6 sprigs fresh thyme

2 tablespoons chopped fresh oregano

Salt and pepper, to taste

1 x 400g can cannellini beans, rinsed and drained

1 cup flat leaf parsley leaves

Mashed potato or polenta, to serve

Method

To begin your Italian Beef Casserole with Cannellini Beans, preheat oven to 160°C CircoTherm®.

Toss the beef in the flour to coat then shake off the excess. Heat a little of the oil in a non stick fry pan and brown the meat quickly in batches on induction setting 7 or 8. Place the browned meat into a medium sized casserole dish.

Heat the remaining oil in the fry pan and sauté the onion and bacon for 3 minutes on induction setting 6. Add the tomatoes, tomato paste, port and water drained from the mushrooms. Chop the mushrooms finely and add to the pan with the garlic and herbs. Bring to the boil on induction setting 9 then pour the mixture over the beef.

Cover the casserole dish with its lid and bake for 1 hour and 40 minutes then add the beans and cook a further 10 minutes or until the meat is tender. Stir through the parsley leaves then season to taste.

Spoon the Italian Beef Casserole with cannellini beans into serving bowls with mash and steamed greens. Serve immediately

Steamed greens, to serve

Notes

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