

Tuscan Beef Ragu



Prep 20 minutes
Cook 2 ½ hours
(oven/stovetop)
or 9-10 hours on
low (slow cooker)
Serves 6-8

1.2 kg cross-cut blade steak
or other stewing steak, cut
into 3-4cm cubes
2 tablespoons flour mixed
with 1 teaspoon salt and
½ teaspoon black pepper
2 tablespoons olive oil
2 large onions, cut in
thin wedges
3 cloves garlic, crushed

¼ cup tomato paste
5 canned anchovies
250g **Essential Cuisine
Beef Stock**
1 cup red wine
1 cup water
1 tablespoon rosemary,
finely chopped
¼ cup balsamic vinegar
400g dried pappardelle
or fettuccine pasta
2 tablespoons parsley,
chopped



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This ragu is also delicious served with mashed potatoes or kumara or turn it into a one-dish meal by adding your favourite diced root vegetables e.g. carrots, parsnips, waxy potatoes into the slow cooker with the meat at the start of cooking.

Stovetop method: Place meat in a clean paper bag with seasoned flour and shake to coat. Heat oil in a large, deep-sided ovenproof dish or heavy pot and brown meat over high heat in 2-3 batches, transferring it to a plate as it is browned. Reduce heat to medium, add onions to the pan and cook for a couple of minutes to soften. Add garlic, tomato paste and anchovies, stir and cook another 3 minutes, stirring now and then. Add **Essential Cuisine Beef Stock**, wine and water, stirring to lift any pan brownings. Return meat to the pot with rosemary and vinegar. Stir to combine. Cover and simmer over lowest heat for approximately 2-2 ½ hours or until meltingly tender.

Oven-bake method: When meat has been browned and all other ingredients added, cover dish and transfer to a 160°C oven. Bake for 2-2 ½ hours. Check flavourings and adjust to taste. When ready to serve, cook pasta according to manufacturer's instructions, drain and toss through cooked ragu. Divide between heated serving bowls and garnish with parsley.

No-fuss method for slow cooker: Place garlic, tomato paste, anchovies, **Essential Cuisine Beef Stock**, wine, rosemary and vinegar into the cooker (no water is needed). Shake meat in a clean paper bag with seasoned flour to coat. No oil is required unless meat is to be browned. Add to cooker with onions. Stir to combine. Cover and cook for 8-9 hours on low. Check seasonings and adjust to taste.

Note: if desired, meat can be browned before adding to slow cooker for extra depth of flavour.