



Beef Stifado – Braised Beef & Onions

NIBBLEDISH CONTRIBUTOR

Ingredients

- 600 kg beef sirloin, cubed
- 50 ml olive oil
- 600 kg baby onions, peeled and whole
- 100 ml red wine vinegar
- 200 ml dry red wine
- 1 cinnamon stick
- 1 tsp whole peppercorns
- 150 ml beef stock
- 1 tsp salt
- 2 bay leaves

Instructions

1. Heat oil in a frying pan and sauté beef until brown on both sides.
2. Remove meat and drain well on absorbent paper.
3. Place onions in saucepan and sauté till golden brown.
4. Remove and drain well on absorbent paper.
5. Arrange beef in a heavy based saucepan with cooked onions.
6. Add wine, vinegar, spices, salt and beef stock.
7. Bring to the boil.
8. Reduce heat, cover and simmer for 60 minutes or until the meat is tender.

Chef's tip: For a rich and satisfying meal, server with steamed buttered rice.