

BRAISED BEEF WITH RED WINE & CRANBERRY

Ingredients

- Cooking oil
- 2 lbs stewing beef cubes
- 2 small onions, thinly sliced
- 1 1/4 cups red wine
- 1 1/4 cups stock (*beef or chicken*)
- 2 tsp fresh thyme sprigs (*or 1/2 tsp. dried thyme leaves*)
- 1/2 cup cranberry sauce
- 2 tsp cornstarch, for thickening at end, if necessary
- Fresh chopped parsley, for garnish



Cranberry Sauce:

- 1 /2 cup water
- 1/2 cup brown sugar
- 2 cups fresh or frozen or dried cranberries

Method

Cut the meat into large slices, about 8cm square. Tip 2 tbsp flour with some salt and pepper into a large food bag, add the beef and shake to coat the pieces.

Thinly slice the onions.

Heat 2 tbsp olive oil in a large heavy-based pan. Add the beef and fry on all sides until evenly browned. You may need to do this in two batches. Remove to a plate.

Heat 1tbsp oil in the pan if you need it, then add the onions and fry quickly for 5 minutes until tinged brown. Return the beef to the pan and add the wine and stock. Bring to the boil, stirring to scrape up the juices. Sprinkle with salt and pepper.

Reduce the heat, cover tightly with a lid and cook at a gentle simmer for 1 1/2 hours until the beef is tender. Stir in the cranberry sauce, taste and add more seasoning if necessary. Simmer for a further 5 minutes and serve with mash, and a scattering of flat leaf parsley.

Slow Cooker

High setting - 6 hours

Low setting - 8 hours