

Stifado with Roast Potatoes

Ingredients

- 2lb Stewing steak or Beef Skirt
- 2lb Onions
- 2 Bay leaves
- 50ml Malt vinegar
- 250ml Red wine
- 75ml Olive oil – plus 1-2tbsp for frying
- 2 Garlic cloves (crushed)
- 3 Cinnamon sticks
- 6-7 Peppercorns
- 3 Medium tomatoes (chopped)
- Salt and freshly ground black pepper



Method

Stifado

1. Peel and chop the onions and fry lightly, until just soft, then remove from the pan.
2. Cut the meat into 2cm squares and fry in the pan until slightly brown.
3. Return the onions to the pan and mix with the meat – heat for 1-2 minutes.
4. Place the onions and meat in the casserole dish and add all the other ingredients. Stir to mix and add enough water to cover the meat.
5. Cover and cook in the lower half of the oven on 140°C/120°C Fan for at least 3 hours. Check every 1½ hours that there is still liquid in the pot – add a little water if required.
6. 1½ hours before serving increase the oven temperature to 200°C, remove the covering and allow most of the liquid to evaporate.

Potatoes

7. Using a roasting tin or similar, add enough olive oil to cover the base to approx. 5mm and place on a shelf in the upper part of the oven.
8. Peel the potatoes, cut to preferred size and boil for approx. 8-10 minutes.
9. Drain and leave in the hot pan, lid removed for 2-3 minutes to allow them to dry.
10. Replace the lid and vigorously shake the pan causing the outside of the potatoes to slightly roughen.
11. Carefully tip the potatoes into the roasting tin and rotate them until all sides have been coated with the hot olive oil.
12. Return to the oven and allow them to roast for approx. 1 hour. They should not need to be moved but check them after 35-40 minutes and use your own judgement.

Both

13. Remove the potatoes from the oven and plate them up. Then serve the Stifado remembering to remove the cinnamon sticks and bay leaves.

NOTES

Root vegetables and brassicas are ideal vegetable accompaniments to this meal

Stifado can also be served with just rustic bread