

GRASS ROOTS BEEF

NATURALLY RAISED.... PASTURE FED...GRASS FINISHED

Braised Beef with Shallots and Mushrooms

Feel like doing something different with one of your pot roasts (blade, short rib, round or even rump)?? Try this recipe! It also comes from Peggy and Neil.

2 lbs Grass Roots Beef pot roast (blade, chuck, short rib etc) cut in large pieces
2 Tbsp flour for dusting
4 Tbsp butter
4-6 medium shallots, quartered
1½ cups beef stock
2 med tomatoes chopped
4 Tbsp balsamic vinegar
1 Tbsp brown sugar, packed
1 Tbsp Worcestershire sauce
4 carrots cut into 1 inch lengths
2 cups mushrooms, sliced thick
4 cloves garlic chopped
salt and black pepper

Season beef pieces with salt and pepper then dust with flour.

Melt the butter in a large skillet over medium high heat. Add the beef pieces and brown. Remove beef from skillet and set aside. Add the shallots and garlic to the skillet and cook until soft, about 3-4 minutes. Add the stock, tomatoes, vinegar, Worcestershire sauce and sugar. Bring to a boil.

Return the beef to the skillet, reduce heat to low, cover and cook for 1½ hours. Add the carrots and mushrooms. Continue to simmer for another 30 minutes or until carrots are fork tender. Serve with risotto or mashed potatoes using the vegetable gravy.

263836 Southgate Rd 26
RR 4
Durham, ON
N0G1R0

PHONE (519) 369-6966
E-MAIL grassrootsmeats@gmail.com
WEB SITE <http://www.grassrootsbeef.com>