

MOROCCAN BRAISED BEEF

F EASY

Last Modified: 08/10/2014

PREP: 30 Min
COOK: 1 Hr 30 Min
STOVETOP

MOROCCAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Chuck Roast	3/4" Cubes
3	Tbsp	Olive Oil	Divided
2	Cups	Yellow Onions	Chopped
3	Cloves	Fresh Garlic (Smashed)	Chopped
1	Tbsp	Recipe: Seasoning - Indian - Garam Masala	
1	Tbsp	Spanish Paprika (Mild - Medium - Hot)	
1	Tsp	Ground Cumin	
1/2	Tsp	Ground Turmeric	
1/2	Tsp	Cayenne Pepper	
1	Cup	Dry Red Wine (Pinot Noir)	
1/2	Cup	Dry Sherry (Christian Brothers)	
1	14 1/2 Oz	Can Beef Stock (Swanson)	
1	14 1/2 Oz	Can Diced Tomatoes (Hunts)	Undrained
1 1/2	Cups	Golden Raisins	

PREPARATION

FACTOID	This creates an outrageously good sweet and spicy Moroccan comfort food for those cold, dark winter evenings. It freezes and reheats well, so make a big batch.
TOOLS	1) Dutch Oven 2) Large Mixing Bowl
PREP	DISH 1) Cut and Trim the Beef into 3/4" cubes and set it aside. 2) Smash the Garlic Cloves, chop and set them aside. 3) Finely chop the Yellow Onions and set them aside.
PREP	SEAR BEEF: In a dutch oven over medium high heat, heat 2 tablespoons of Olive Oil until it shimmers. Add in the Beef Cubes and sprinkle with Salt and Pepper. Saute the Beef on all sides until no longer pink, about 5 minutes. Remove the Beef to a bowl.
1	VEGETABLES: Add in the last tablespoon of Olive Oil and heat until it shimmers. Add in the Onions and cook until they begin to brown, about 6 minutes, stirring often. Stir in the Garlic, Garam Masala, Paprika, Cumin, Turmeric and Cayenne cook until the Garlic is fragrant, about 2 minutes.
2	WINE GLAZE: Stir in the Red Wine and Sherry, bring it to a boil while scraping the bottom of the pan to release the Fond. Coo, stirring often until reduced into a thick glaze, about 8
3	BRAISING SAUCE: Stir in the Tomatoes and Beef Stock and bring to a boil, lower the heat to a simmer.
4	BEEF: Return the Beef and any juices to the pot. Simmer uncovered until the Broth thickens and the Beef is tender, about 1 hour and 15 minutes. Stir occasionally.
5	FINISH: Stir in the Raisins, season to taste with Salt and Pepper and heat for 10 minutes more. The Sauce should now be very thick.
SERVE	Serve while hot over a bed of steamed Rice or Egg Noodles with several slices of Crusty Bread on the side.