



RED WINE BRAISED BEEF SHORTRIB POTJIE WITH
MUSHROOMS & GREMOLATA WITH
CAPE OF GOOD HOPE
PAREL VALLEI FARMSTEAD MERLOT

Recipes by Ilse van der Merwe

This classic combination of beef, red wine and mushrooms reminds of a French-style bourguignon, but without the fuss. Hearty and robust winter fare at its best.

INGREDIENTS (serves 6)

45 ml olive oil	375 ml dry red wine (Merlot will work beautifully)
1,5 kg beef shortrib	250 ml beef stock
salt & pepper	2-3 large carrots, sliced
2 onions, chopped	4 large potatoes, quartered
4 sprigs rosemary, woody stalks removed	400 g portabellini or brown mushrooms
4-6 cloves garlic, finely chopped/grated	a handful fresh parsley, finely chopped
15 ml cake flour	zest of a small lemon, finely grated
30 ml tomato paste	salt & pepper

METHOD

In a large cast iron potjie over a fire (or in a large heavy based pot on stove top), heat the oil (high heat) and brown the beef chunks on both sides, seasoning with salt & pepper. Remove the meat from the pot and set aside. Now add the onions and rosemary, stirring until it starts to soften. Add the garlic and fry for another minute. Add the flour and tomato paste and fry for a minute, stirring. Add the red wine and stock and stir to loosen any sticky bits on the bottom. Place the browned meat back into the pot and bring to a simmer. Adjust the heat to low, place a lid on and braise for an hour. Add the carrots and potatoes, replace the lid and cook for another hour. Add the mushrooms and continue to cook until the meat is very tender. Taste and adjust seasoning if necessary. Remove from the heat and leave to stand for a while before serving. Serve hot with cooked rice or pap or polenta, sprinkled with gremolata.

To make the gremolata: mix the chopped parsley and grated lemon rind together and season with salt & pepper.

