

Bullfighter Beef

Serves: 8

1.5 kg Braising or Stewing Steak
150 g Chorizo
6 Cloves Garlic
2 Onions
3 Carrots
1 bottle Red Wine, e.g. Corbieres
2 Bay Leaf
3 sprigs Fresh Thyme
6 Cloves
1 Cinnamon stick
3 tbsp Olive Oil
50 g Small Black Olives
1 tbspn Beurre Manie
Salt and Pepper
Handful of Fresh Parsley



Serve with:

Basmati or Long Grain Rice or Mashed Potatoes

- Place the beef in a large bowl with the onions, garlic, carrots, red wine, thyme, rosemary, bay leaves, cloves and cinnamon stick. Cover and leave to marinate in the fridge for 24 hours, stirring once or twice.
- Strain the beef and vegetables over a colander and leave to drain well.
- Heat 2 tbsp of oil in a large flameproof casserole, add half of the beef pieces and fry until browned all over. Season well.
- Lift onto a plate and repeat with the rest of the beef.
- Add the remaining oil and add the chorizo to the casserole to fry until golden.
- Add the drained vegetables from the marinade and fry briefly until the onions have begun to soften.
- Return the beef and chorizo to the casserole with the wine marinade, black olives and more seasoning.
- Bring to the boil and then lower the heat and leave to simmer, covered for 2—2.5 hours until beef is tender.
- Stir in the beurre manie and simmer for 3-4 minutes until the sauce has thickened.