

## “ITALIAN CASSEROLE WITH CANNELLINI BEANS”

*1kg beef chuck, blade,  
gravy or brisket,  
3cm diced*

*3 tbsp oil*

*2 brown onions,  
chopped*

*4-6 cloves garlic,  
crushed*

*2 tbsp flour*

*1 cup red wine*

*750g fresh ripe  
tomatoes, diced*

*2 bay leaves*

*1 ½ cups fresh oregano*

*500g Swiss  
mushrooms, sliced*

*1 ½ cups parsley,  
chopped*

*2 x 400g tin  
cannellini beans*

*Steamed green beans  
and crusty bread to  
serve. Top with  
shaved parmesan*

**SERVES: 4 PREPARATION: 20 mins  
COOKING: 2 hrs**

**1.** Preheat oven to 160°C.

**2.** Heat 1½ tbsp oil in a heavy based pan and brown beef evenly in 2-3 batches. Remove and place in a casserole dish.

**3.** Reduce heat to medium-low and add the remaining oil. Sauté onion and garlic. Slowly add the flour and stir for 1 min.

**4.** Add red wine and simmer until reduced by ½. Add tomatoes, bay leaves and oregano. Stir until combined and add to the casserole.

**5.** Place in oven and cook for 2 hrs or until meat is tender. In the last 30 mins add mushrooms, parsley and beans. Adjust seasoning to taste.

### **TIP:**

To change to a Thai beef stew - omit the beans, flour and oregano. Sauté 8 sprigs coriander root, 3 chillies, 2 tbsp fresh ginger and 3 kaffir lime leaves. Change the red wine for beef stock. In the last 30 mins add 1 cup coconut cream, 2 tbsp fish sauce, and 3 tbsp each of brown sugar and soy sauce. Serve with Thai basil leaves and lime wedges.