



Your guide to:  
**Stewing/Braising**

Fresh New Zealand  
grown vegetables

FLIP OVER  
FOR RECIPE  
AND TIPS!



# Braising and stewing vegetables

## Braising

1. Choose a braising pan with a close-fitting lid.
2. Add prepared vegetables to the pan.
3. Add a flavoursome liquid or stock to come half way up the vegetables. Cover tightly.
4. Place pan on heat until it reaches boiling point, reduce heat and simmer.
5. For best results braise slowly, until vegetables are cooked, adding extra liquid if required.

## Stewing

The vegetables and liquid are placed in a pan with a close fitting lid and cooked in a preheated oven.

For more delicious recipes and ideas visit [www.vegetables.co.nz](http://www.vegetables.co.nz)



# Vegetable and beef braise SERVES 4

## INGREDIENTS

- 1 Tbsp vegetable oil
- 400g Quality Mark beef stewing steak, diced
- 4 cups sliced vegetables, e.g. leeks, onion, fennel, celery
- 2 cloves garlic, peeled and diced
- 1 Tbsp Worcestershire sauce
- Pinch salt and pepper to taste
- 4 each potatoes and carrots, cut into chunks
- 4 button mushrooms, halved
- ½ Tbsp cornflour, mixed with a little water to a paste
- Fennel leaves or chopped parsley to garnish

## METHOD

Preheat oven to 180°C. Heat oil in a heavy-based pan, add beef and brown on all sides. Place in baking dish. Deglaze pan with ½ cup water and add to beef with prepared vegetables.

Pan fry onion and garlic until transparent and add to beef. Add Worcestershire sauce and seasoning and stir. Cover. Cook in preheated oven for 30 minutes then add potatoes, carrots and mushrooms. Add more water if required. Cook for a further hour. Stir in cornflour paste 5 minutes before serving, mixing well. Return to the oven. Serve garnished with fennel leaves or chopped parsley.