



A LOCAL *Ontario food* EXPERIENCE

recipe of the week

braised beef “cucina Culinarium style”

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Serves 4.

- 2 tbsp Pristine Gourmet soya oil
- 1-1/2 lbs stewing beef, cut into 2-inch pieces
- Salt and freshly ground black pepper
- 1/3 cup diced guanciale (rind removed)
- 1 small onion, chopped
- 3 medium carrots, chopped
- 1-1/2 tsp chopped garlic
- 1-1/2 tbsp Vinifera Cabernet Grape Powder
- 1 cup Saucier Organic Beef Stock
- 1 796ml can Thomas Utopia whole tomatoes, and their juice
- 2 tsp Heritage Line Herbs Italian Seasoning

Preheat oven to 325F. Heat oil in an ovenproof casserole over medium high heat. Pat beef dry and season with salt and pepper. Add beef to casserole in batches and sear until browned, about 1 minute per side (do not overcrowd the pan or meat will not brown). Remove beef.

Reduce heat to medium-low. Add guanciale and cook until golden, about 3 minutes. Add onions and carrots and cook for 2 minutes, or until softened. Add garlic and cook for one more minute. Return beef and any accumulated juices to pan and toss with vegetable mixture. Add Cabernet Powder and stir to coat evenly.

Add stock to pan and bring to a boil, scraping up any caramelized bits on the bottom of the pan. Add tomatoes and their juices. Stir to break up the tomatoes into large chunks. Add Heritage Line Herbs Italian seasoning and stir.

Bake, covered, for two and a half hours, or until meat is tender. If not using right away, cool, then skim off any fat and reheat when needed. Serve over Maria's Homemade Noodles Vegetable Mix Fettucine or with a crusty baguette and a tossed green salad. Enjoy!

Culinarium shopping list

1-1/2 lb beef stew meat
1/3 cup guanciale
1 small brown onion
3 medium carrots
Pristine Gourmet Soya Oil
August Harvest chopped garlic
Vinifera Cabernet Grape Powder
1 jar Saucier Organic Beef Stock
1 796ml can Thomas Utopia Whole Tomatoes
Heritage Line Herbs Italian Seasoning
Maria's Homemade Noodles Vegetable Mix Fettucine (*optional*)