CANADIAN (MENNONITE)

Mennonite Braised Beef and Potatoes (Schmorfleisch)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**6**	**20 min**	**2 hr 30 min**	**Braise**	**Blade & cross rib roast**

Ingredients

- 1.2 kg (2½ lb) blade or cross rib roast, cut into 5 cm (2 in) pieces
- 1½ tsp salt
- ½ tsp black pepper
- 2 tbsp lard or vegetable oil
- 2 large onions, sliced
- 2 bay leaves
- 6 whole allspice berries
- 6 black peppercorns
- 500 ml (2 cups) water or beef stock
- 1 kg (2¼ lb) potatoes, peeled and halved
- 3 carrots, cut into chunks
- 2 tbsp chopped fresh dill or parsley

Steps

1. Pat the beef dry and season it with the salt and pepper, ideally 30 minutes ahead.
2. Heat the lard in a Dutch oven over medium-high heat. Brown the beef in two batches, about 5 minutes per batch, until deep brown on two sides. Set aside.
3. Lower the heat to medium, add the onions and cook for 8 minutes, until soft and golden, scraping up the browned bits.
4. Return the beef with the bay, allspice, peppercorns and water. The liquid should come about halfway up the meat.
5. Bring to a gentle bubble, cover, and braise on low heat for 1½ hours, until the beef is starting to get tender.
6. Lay the potatoes and carrots on top, sprinkle with a little salt, cover and cook 45 minutes more, until the vegetables are tender and the beef breaks apart with a fork.
7. Taste the juices and add salt if needed. Scatter with dill and serve straight from the pot, spooning the onion juices over everything.

Notes

- **Oven method:** braise in a 160°C (325°F) oven instead of on the stove.
- **Other cuts:** braising ribs or brisket work well; add 30 minutes for brisket.
- **Slow cooker:** brown the beef and onions first, then cook with 250 ml (1 cup) liquid and the vegetables on low for 8 hours or high for 4 to 5.
- **Make ahead:** best the next day; keeps 3 to 4 days and freezes for 3 months. Reheat until steaming hot.
- **Chef's touch:** add the dill off the heat, just before serving. Its fresh flavour fades quickly when cooked.

- **Pair with:** pickled beets or a cucumber salad with sour cream and dill.