DUTCH

# Dutch Simmered Beef Steaks (Sudderlapjes)

| COMPLEXITY | SERVES | PREP | COOK | TECHNIQUE | CUT |
|---|---|---|---|---|---|
| **Basic** | **4** | **10 min** | **2 hr 15 min** | **Braise** | **Outside round** |

## Ingredients

- 800 g (1¾ lb) outside round, cut into 4 steaks about 2 cm (¾ in) thick
- 1 tsp salt
- ½ tsp black pepper
- 60 g (¼ cup) butter
- 2 onions, sliced
- 375 ml (1½ cups) water or beef stock
- 1 bay leaf
- 3 whole cloves
- 1 tbsp red wine vinegar
- 1 tsp cornstarch mixed with 1 tbsp water (optional)
- Boiled potatoes and green beans, to serve

## Steps

1. Pat the steaks dry and season with salt and pepper.
2. Melt the butter in a heavy pot over medium heat until it turns golden brown. Brown the steaks for 4 minutes per side, until deep brown.
3. Add the onions around the meat and cook 5 minutes, until softened.
4. Pour in the water and vinegar, add the bay and cloves, and scrape up the browned bits.
5. Cover and braise at the lowest simmer for 2 hours, turning the steaks every 30 minutes, until a fork slides in easily. Add a splash of water if the pot looks dry.
6. Lift out the steaks. Remove the bay and cloves and thicken the juices with the cornstarch if you like.
7. Serve the steaks with the onion gravy, boiled potatoes and green beans.

## Notes

- **The name:** "sudderen" means to simmer gently; the lower the heat, the more tender the beef.
- **Slow cooker:** brown the steaks first for the best flavour, then cook on low 6–7 hr or high 3–4 hr. Thicken with the cornstarch slurry on high, uncovered, for 15 minutes.
- **Other cuts:** chuck steaks or inside round work too.
- **Freezer:** freezes in its gravy for 3 months. Thaw overnight in the fridge and reheat until steaming hot.
- **Chef's touch:** whisk a small knob of cold butter into the gravy at the end for gloss.
- **Pair with:** stewed red cabbage with apple.