



## **Brandied Beef with Artichoke and Horseradish Mash**

### **INGREDIENTS:**

- 3 tablespoons extra virgin olive oil
- 1 onion diced
- 600g diced lean stewing beef, trimmed of fat
- 300g mushrooms, sliced
- 1/3 cup flour, seasoned with pepper and/or mixed herbs
- 1 cup red wine
- 3 cups low salt chicken or beef stock
- 2 tablespoons tomato paste
- 2 bay leaves
- 10g porcini mushrooms, optional
- 1/4 cup brandy

### **Artichoke and Horseradish Mash**

- 400g peeled Jerusalem artichokes, chopped
- 200g peeled potatoes
- 6-8cm piece fresh horseradish, grated
- 1/4 cup buttermilk or skim milk

**Serves: 4 | Prep time: 15 mins | Cooking time: 1-1 1/2 hours**

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## COOKING METHOD:

1. Heat an ovenproof pan over high heat, add 2 tablespoons of the oil and brown the meat in two batches. Remove meat from the pan and set aside.
2. Add the remaining tablespoon oil to the pan with the onion and cook for 5 mins, or until the onion is soft, stirring frequently. Add the mushrooms and return the meat, with any accumulated juices on the plate. Sprinkle with the flour and cook 1 minute.
3. Add the wine, stock, tomato paste, bay leaves, and porcini mushrooms. Bring to a simmer, cover with a lid and cook in the oven for 1-1 ½ hours, or until tender.
4. While meat is cooking, cook the artichokes and potatoes separately in boiling water until tender. Mash or puree together with an immersion blender or masher. Stir in the horseradish and buttermilk and season to taste. Reheat and keep warm. Just before serving add the brandy and spoon over the hot mash.

Preheat the oven to **160°C**