

# Braised Beef and Vegetables



**Cooking time:** 2 hrs 30 mins

**Serves:** 4

## how to cook

- 1 Preheat the oven to Gas 4, 180°C, fan 160°C, 350°F.
- 2 Heat the oil in a large casserole dish and fry the beef on all sides until just browned.
- 3 Add the onions, bay leaf, thyme and parsley, and pour over the hot stock. Bring to the boil, then cover and place in the oven for an hour.
- 4 Remove the lid and add the carrots and parsnips.
- 5 Return the casserole to the oven for a further hour until the meat is browned and tender.
- 6 Take the beef out of the pot and place on a carving dish or board. Cut it into thick slices, discarding the string as you carve.
- 7 Serve with potatoes and vegetables of your choice.

## what you need

- 875g piece rolled and tied John Penny brisket of beef
- 2tbsp sunflower oil
- 2 onions, peeled and cut into wedges
- 1 bay leaf
- sprigs of thyme and parsley
- 750ml beef stock
- 2 carrots, halved lengthways and cut into large chunks
- 2 parsnips, peeled, halved and cut into chunks

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