

Rindergulasch mit Steinpilzen und Portwein mit Cobbles

713

Typ: Fleisch

Quelle: Good Housekeeping, Nov 17, 165

Bemerkungen: ands-on time 30 min, plus soaking. Cooking time about 4 h. Serves 8
11 Nov 17: Abendessen mit Sabine, Herbert, Ester, Tilo und Evelyn

Zutaten:

- 3 tbsp olive oil
- 1.6 kg braising steak, cut into 4-cm-pieces
- 250 g baby chestnut mushrooms, halved
- 250 g mixed wild mushrooms
- 150 g shallots, peeled
- 1 carrot, finely chopped
- 2 celery sticks, finely chopped
- 2 large garlic cloves, crushed
- 4 tbsp plain flour
- 30 g tub dried porcini mushrooms
- 250 ml port
- 500 ml good-quality rich beef stock
- 1 tsp redcurrant jelly
- 2 bay leaves
- 2 thyme sprigs

FOR THE COBBLER

- 250 g self-raising flour, plus extra to dust
- 25 g butter
- 175 ml buttermilk
- 2 tsp thyme leaves, plus extra to garnish
- 1 medium egg yolk, to brush

Rezept:

- 1) Heat 1 tbsp oil in a large 4-L heavy-based casserole pan and brown beef in batches, setting aside after each batch.
- 2) Add 1 tbsp more oil to the pan and brown mushrooms in 2 batches before setting aside with the beef. Heat remaining oil and cook shallots, carrot and celery for 6-8 min, until beginning to soften, then add garlic and flour for a further 1 min, stirring. Return beef and mushrooms to the pan with any cooking juices and stir well.
- 3) Meanwhile, preheat oven to 170°C (150°C fan) mark 3. Soak porcini mushrooms in 400 mL hot water until hydrated - about 20 min. Sieve (reserving liquid) and add mushrooms and strained soaking liquid to the pan along with the port, stock, redcurrant jelly and herbs. Season well, bring to the boil, and then cover and transfer to the oven. Cook for 2 ½ - 3 h, until tender and just beginning to fall apart. Remove from oven and set aside until cool. Transfer to an airtight container to freeze.
- 4) While beef is cooking, make the cobbler. In a large bowl, rub flour and butter together using your fingertips. Stir through the buttermilk and thyme, and then season to create a slightly sticky, thick dough, adding more buttermilk, 1 tbsp at a time, if needed. Tip on to a lightly floured surface, divide into 8 even pieces, roll into balls and flatten slightly into patties. Wrap individually in clingfilm to prevent them sticking and transfer to a freezer bag. Freeze until ready to use.

5) Remove the beef from the freezer 24-48 h before serving and allow to defrost slowly in the fridge. To serve, preheat the oven to 200°C (180°C fan) mark 6. Tip back into the casserole dish, cover with a tightly fitting lid and gently bring to the boil on the hob, stirring occasionally, until piping hot throughout. Top with frozen cobbler, cover with a lid and cook in the oven for 10 min more. Remove the lid, brush the cobbler with beaten egg and continue cooking, uncovered, for 15 - 25 min, until golden and piping hot.

TO SERVE STRAIGHT AWAY: Follow the recipe up to the end of step 4 (without freezing), increase the oven temperature to 200°C (180°C fan) mark 6, arrange the freshly made cobbler on top of the hot beef, brush them with beaten egg, cook in the oven, uncovered, for 15 - 25 min, until golden.

PER SERVING 622 cals, 49 g protein, 26 g fat (10 g saturates), 39 g carbohydrates (7g total sugars), 3 g fibre