

GF Friendly

Beef in Port Wine

Tender beef in a rich port and wine sauce

Similar to Recipe R144 Pork in Port and Wine, meat other than beef could be used, but cooking times may need to be adjusted.

- 400g beef steak
- ½ small onion, quartered and sliced
- 1 cup-mushroom, chopped
- ½ cup port
- ½ cup white wine
- ½ tsp turmeric
- ½ tsp ground ginger
- 1 tsp minced garlic
- 1 level Tbsp gravy powder
- 1½ Tbsps olive oil



Remove any fat from the beef and cut into pieces that will sit on a tablespoon. In a suitable frying pan, warm the spices and garlic until sizzling; then fry the beef for a few minutes to sear both sides. Turn off the heat, pour on the port and allow to rest for 20 minutes to marinate. Meanwhile, prepare the onion and mushroom.

Pour in the white wine, bring to the boil; then turn down to simmer covered for 15 minutes. Turn the beef pieces, add the onion and mushroom, then continue to simmer covered for a further 15 minutes. Repeat this stage for a further 15 minutes. If it is starting to dry out, put in a little water. Allow to cool.

Remove the meat with a straining spoon, sprinkle the gravy powder onto the sauce in the pan, mix well and re-heat, stirring continuously until thickening. Once again, should the sauce seem too thick, stir in a little water. Finally, return the meat to the pan and re-heat just before serving.

Serves 2-3 with vegetables

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