
RECIPE OF THE WEEK

Beef Skirt Ragout

Skirt, a long, flat piece of meat from the belly of a beast, is good for braising or for ragout. A classic ragout is made with meat that has been minced but I also like it cut into very small dice, giving the sauce more body. Slow



cooking is the way to go, just a gentle blip as it simmers on a very gentle heat. Keep the heat low, and stir regularly to make sure the sauce doesn't catch - a slo-cooker or Rayburn is great!

650g beef skirt or beef rib trim
2 tbsp extra virgin olive oil
1 onion
2 cloves garlic, sliced
3 anchovies in olive oil
3 or 4 carrots
2 leeks

2 bay leaves
3 large tomatoes, halved
3 tbsp corn flour
750ml beef stock

Cut the beef into roughly 1cm dice. Warm the oil in a shallow, heavy-based pan, add the cubed meat, in two or more batches if your pan is small, then brown nicely on all sides. Remove the meat with a draining spoon and set aside.

Peel the onion, roughly chop it then let it soften in the pan over a moderate heat. Add the garlic, then anchovies, finely chopped.

Scrub and peel the carrots, chop and add to the onion, then chop and rinse the white and pale green parts of the leeks, stir into the vegetables together with the bay leaves and the tomatoes, then continue cooking till lightly browned and approaching tenderness.

Return the meat to the pan with any juices that may have escaped, then add the flour, stir, cook for a couple of minutes, then pour in the beef stock. Season. Bring up to the boil, lower the heat, cover with a lid, then leave to simmer gently for a couple of hours. Stir from time to time, making certain the sauce isn't catching on the bottom of the pan.

The beef is ready when it is meltingly tender. To serve, boil 300g of tagliatelle or pappardelle, drain and toss with the ragout. Serves 4-6

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