

Pretty Griddy

BEEF OLIVE WITH RED CABBAGE AND MASH



Ingredients

1 cut of beef, topside
Salt, pepper, paprika,
thyme
Onions
Tomato paste
Handful of flour
Beef stock

Mashed Potatoes

Boil potatoes till very soft in salted water
In pot, melt butter, add milk, cream,
nutmeg, salt, pepper
When it just begins to bubble, add drained
and mashed potatoes
Use a whisk to combine everything

Roulade (Beef Olive)

Cut beef topside into slices.
Spice facing side up with salt, pepper, paprika, thyme
Rub facing up side with mustard
Add streaky bacon, onion and gherkin sticks on top of mustard surface
Roll the whole thing up and secure with tooth picks.
Braai over medium hot coals until crisp.
Set aside
At the same time fry onions until golden brown in a bit of oil in Dutch oven
Add tomato paste, salt. Pepper, paprika, thyme
Dust with flour, keep frying this mixture until it forms a thick paste.
Add red wine, reduce to a paste, add more red wine and reduce further.
Fill up with beef stock, now add the braaid Roulade into the sauce pot.
Meat should be covered with the sauce
Simmer for 1h30mins or until meat is tender.

Red Cabbage

Shred red cabbage and sprinkle with salt.
Let rest.
Before use, give the cabbage a squeeze to get rid of all that water. Cabbage will be almost soft now.
fry onion and apple slices in butter
Add salt, sugar, a dash of red wine vinegar
Add shredded red cabbage
Fill up with chicken stock, salt, pepper, an orange slice spiked with cloves and bay leaf
Simmer till the cabbage is soft but not mushy.
Season to taste and thicken with cornstarch & red wine

