

Braised Beef with Root Vegetables

If you are lucky enough to have a root vegetable garden, this recipe is a great way to use them and warm up to fall weather. For urbanites, shop the local farmers' markets or check the selection of local, organic produce available year round at Highwood Natural Foods in High River.

Recipe and image by Chris Martin

Cooking time: 2 hours

Preheat oven to 190 C (350 F)

Ingredients:

1 beef round or other braising roast (2 1/2 to 3 lbs.)
1 small butternut squash, peeled, seeded and thinly sliced
2 Tbsp vegetable oil
28 g (1 oz) dried mushrooms
1 onion, chopped
salt - to taste
3 garlic cloves, chopped
15 g (1 Tbsp) hot paprika (for a smoky essence, use half hot paprika and half smoked paprika)
750 ml red wine
2 parsnips, trimmed and cut into bite-size pieces
2 rutabagas, peeled and cut into bite-size pieces
2 turnips, peeled and cut into bite-size pieces
Green onion or green garlic for garnish (optional)

Preparation:

1. Trim and tie roast. Heat oil in a large heavy pot (with a lid) over medium high heat. Brown roast on all sides, taking 15 to 20 minutes total. Do not skimp on this step, browning adds depth of flavor to the final dish. Transfer roast to a platter.
2. Place dried mushrooms in a medium bowl and pour 1 cup boiling water over, steep for 20 minutes.
3. Drain off all but about 5 ml (1 tsp) or less of the oil, be careful to reserve all browned bits in the pan. Add onion and 3 g (1/2 tsp) salt and cook, stirring and scraping up browned bits on the pan until onion is soft, about 3 minutes.
4. Add garlic and cook, stirring, until fragrant, about 1 minute. Add paprika and cook, about 1 minute. Add wine, scrape up any bits clinging to the pot and bring to a boil. Reduce heat and simmer 10 minutes.
5. Remove mushrooms from water and chop finely. Add the soaking liquid (leaving any grit in the bottom of the bowl), mushrooms, and beef to the pot. Cover and bake for 1 hour.
7. Add salt to taste and root vegetables to pot. Continue to bake until it is tender about 30 minutes.