
Braised Beef with Chickpeas

Description

Here's a hearty braised beef recipe full of warm spices and robust flavor. Enjoy this dish with Naan bread or rice.

Total time: 5 hrs Yield: 4 Servings

Ingredients

2 lb beef chuck or brisket (cross-rib, round steak, or short ribs may be substituted; large diced)
salt
pepper
1/2 tsp coriander (toasted)
1/2 tsp cumin (toasted)
1/2 tsp mustard seed (toasted)
canola oil
6 clove garlic (chopped)
1 cup red wine
1 can tomatoes (16 oz.; crushed)
1 cup chickpeas (dried, rinsed, soaked overnight)
4 cup chicken broth
1 small cinnamon stick
1/2 bunch flat leaf Italian parsley (chopped; save stems)
1 pieces ginger (crushed)
1 Hawaiian chili pepper (chopped)
1 lb carrots (large diced)
1 lb celery (large diced)
1 lb taro (large diced, frozen)

Prep Time: 5 hrs Total Time: 5 hrs

Instructions

In a large bowl, lightly season the diced beef with salt. Set aside.

In a small sauté pan, lightly toast the coriander, cumin and mustard seed just until they become fragrant. Next, grind spices in a spice grinder or a food processor. Set aside.

Heat a large pot on high heat and coat with canola oil. Add the beef in small batches and cook until brown. Set aside. In the same pot, sauté onions and garlic until they are lightly brown. Add the red wine and reduce to $\frac{3}{4}$ for approximately 4 minutes. Reduce heat to medium and add crushed tomatoes,

simmer for 10 minutes. Next, add the beef back into the pot along with the chickpeas, chicken broth, toasted spices, cinnamon stick, parsley stems, ginger and chili pepper. Simmer for 1 hour. Add the carrots, celery and taro and continue to simmer until the beef and chickpeas are tender for 2 to 3 hours. Season with salt and fresh ground pepper. Just before serving, add in chopped parsley.

Enjoy with Naan bread, white rice or yogurt.

Recipe brought to you by:

Chef Mark Noguchi

Source:

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