



What
geeks
eat...

Braised beef with naked potatoes, and shitake mushrooms

For the braised beef:

Beef roast, chuck is best
1 cup red wine
1 cup water
handful of peel shallots
2 garlic cloves, peeled and halved
1 carrot, peeled and chunked
salt, pepper, thyme

For the potatoes and mushrooms:

8 to 10 small potatoes
Shitake mushrooms
butter

Preheat oven to 325°F.

Brown the roast on both sides in a dutch oven. Add everything else, pop a lid on the pan and put it in the oven. Let it cook for 2.5 to 3 hours depending upon the size of the roast.

Then:

Peel your potatoes and place them in a shallow saucepan with about ½ inch of water and a good pinch of salt. Cook these on medium until they are almost done. When you knife them they should be tender but not fall off the knife blade. Drain the pan of water and return it, covered, to the burner on medium low. Remember to give them a shake every so often to keep them from sticking

Remove the roast and shallots from the pan and cover tightly to keep warm. Put the pan on a burner and reduce the remaining beef juices to a nice consistency...adding beef stock, water, or wine if necessary.

Sauté the mushrooms in the butter until tender.

Slice the beef about ¼ inch thick. Serve in a shallow bowl. First add the beef juice, then the beef, the shallots, the mushrooms, and finally the potatoes.