

SHREDDED BEEF AND VEGETABLE SOUP CUPS





SHREDDED BEEF AND WINTER VEGETABLE SOUP CUPS

Preparation time: 10 minutes

Cooking time: 3 hours

Serves: 4-6

Difficulty: ★★

400g chuck beef, in large pieces
¼ cup extra virgin olive oil
sea salt flakes and freshly-ground black pepper
2L beef stock
2 Tbsp tomato paste
2 Tbsp dried porcini mushrooms
2 brown onions, very finely diced

6 cloves garlic, minced
1 tsp fennel seeds
2 bay leaves
3 cups diced vegetables (celery, carrot, swede, fennel)
6 Kipfler potatoes, sliced
1 bunch parsley, finely chopped

1 Fry the beef in batches in half the oil in a large saucepan set over a moderate heat until well browned. Season with salt and pepper, then add the stock, tomato paste and mushrooms, fit the lid and simmer for 3 hours, until tender.

2 Meanwhile, sauté the onions, garlic, fennel seeds and bays leaves in the remaining olive oil in a large saucepan over a moderate heat for 5 minutes, until softened. Add the vegetables, potatoes and beef liquid, pour in 500ml water, then simmer for 15 minutes, until the vegetables are just tender.

3 Shred the beef, then mix in with the parsley and serve.