

Whiskey Coke Beef Stew

Recipe serves 2-3 persons

Ingredients:

- 1 carrot, roughly chopped
- 1 large white onion, roughly chopped
- 4-5 garlic segments, roughly chopped
- 1 stalk celery, roughly chopped
- 4 strips streaky bacon (optional), diced
- 5g rosemary
- 2 dried chillies
- 1 star anise
- 600g beef tails
- 1 can chopped stewed tomatoes
- 60 ml whiskey (or Bourbon)
- 1 can Coca-Cola
- 1 tablespoon vegetable oil
- Salt & pepper for seasoning & to taste

Method:

- Season the beef with salt and pepper, set aside.
- In a large pot, fry bacon in oil until the fat is rendered.
- Add seasoned beef tails and brown the meat on all sides. Do half at a time if your pot is small.
- Remove the beef and set aside.
- Into the remaining oil., add all the vegetables, dried chillies, star anise and rosemary, and fry till the onions are translucent.
- Turn down the heat and add the whiskey carefully (if pot is very hot it will ignite!). Mix well to release the browning at the bottom of the pot.
- Return the beef to the pot with the vegetables and stir to mix well.
- Add chopped stewed tomatoes, stir well.
- Add Coca-Cola, stir well.
- Make sure beef is submerged in the liquid, cover and simmer on low heat for 2 – 2.5 hours, stirring frequently to prevent bottom from burning.
- If still watery, simmer without lid until desired consistency is achieved.
- Serve over mashed potatoes or steamed rice, garnish with parsley or coriander.