

Middle Eastern Spiced Braised Beef with Rice

Serves: 6 Print

Ingredients:

For the Beef:

- 3 lbs boneless chuck, cut in to 1 ½ inch cubes
- 1 tbsp olive oil
- 2 tsp salt
- ½ tsp pepper
- 2 onions, peeled and quartered
- 4 cloves garlic, smashed
- 2 tsp cumin
- 2 tsp paprika
- ½ tsp turmeric
- 1 cinnamon stick
- 1 inch knob of ginger, sliced
- 4 cups beef broth

For the Rice:

- 1 ½ cups basmati rice
- 1 cup cooking liquid
- 1 ½ cups water

Directions:

1. Make the Beef: In a dutch oven, heat olive oil over medium high heat. Add beef cubes, salt, and pepper. Sear beef on all sides until a brown crust starts to form. Remove beef, and set aside on a plate.
2. To the same dutch oven, add onions, garlic, beef broth, and remaining spices. Stir to combine, scraping bottom of pot to incorporate the brown bits from the beef. Add beef back to the pot, and nestle in the cooking liquid. Bring to a simmer. Reduce heat to low, cover, and simmer for 3 ½ to 4 hours.
3. Make the Rice: When beef has finished cooking, remove beef from braising liquid. Strain solids out of liquid. Take 1 cup of cooking liquid and 1 ½ cups water, and add to a medium saucepan over high heat. Bring to a boil. Add rice. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat, and set aside for 5 minutes. Fluff with fork, and serve.

Recipe notes:

*I use a spider strainer to remove the solids from the braising liquid instead of dirtying up another bowl and transferring the liquid through a mesh strainer.

*Using the cooking liquid in the rice helps to reinforce the flavors in a different way. Plus it gives the rice a pretty color. I love the texture of basmati rice, but you can certainly use the rice of your choice. You'd just need to adjust the liquid content and cooking time according to the package directions.

*I haven't tried this yet, but I imagine this beef could easily be done in a slow cooker. Follow the same steps, but cook on low for 8 hours.

