



AMERICAN (AMISH)

Amish Beef and Noodles

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	15 min	3 hr 15 min	Braise	Chuck roast & stew beef

Ingredients

- 1.4 kg (3 lb) chuck roast
- 1½ tsp salt
- ½ tsp black pepper
- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 litre (4 cups) beef stock
- 1 bay leaf
- 400 g (14 oz) thick egg noodles (Amish-style or homestyle)
- 2 tbsp butter
- 2 tbsp chopped fresh parsley
- Mashed potatoes, to serve

Steps

1. Heat the oven to 160°C (325°F). Pat the roast dry and season it all over with salt and pepper.
2. Heat the oil in a Dutch oven over medium-high heat. Sear the roast for 4 to 5 minutes per side, until deep brown. Move it to a plate.
3. Soften the onion in the pot for 5 minutes, then pour in the stock and scrape up the browned bits.
4. Return the roast and add the bay leaf. Cover and braise in the oven for 3 hours, until the beef falls apart with a fork.
5. Lift out the beef and shred it with two forks, discarding any gristle. Discard the bay leaf.
6. Bring the broth to a boil on the stove. Add the noodles and cook, stirring often, for 10 to 12 minutes, until tender and the broth has thickened. Add a splash of water if it gets too thick.
7. Stir in the beef, butter and parsley and season to taste.
8. Serve the classic way: spooned over a mound of mashed potatoes.

Notes

- **Slow cooker:** sear the roast, then cook it with the onion, stock and bay leaf on low 8 hr or high 4–5 hr. Shred it, then simmer the noodles in the broth on the stove.
- **Noodles:** thick frozen egg noodles are closest to homemade; dried ones work too.
- **Make ahead:** the shredded beef and broth keep 3 days; cook the noodles fresh.
- **Chef's touch:** stir a small splash of cider vinegar into the finished broth. It cuts the richness without tasting sour.
- **Pair with:** buttered green beans.
- **Twist:** for a non-traditional, stroganoff-style twist, stir 3 tbsp sour cream into the broth off the heat just before serving.