



DUTCH

Dutch Butter-Braised Beef (Draadjiesvlees)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	15 min	3 hr 30 min	Braise	Chuck roast & stew beef

Ingredients

- 1.4 kg (3 lb) chuck roast, in 2 or 3 thick pieces
- 1½ tsp salt
- ½ tsp black pepper
- 75 g (⅓ cup) butter
- 2 onions, chopped
- 750 ml (3 cups) water or light beef stock
- 2 bay leaves
- 4 whole cloves
- 6 black peppercorns
- 1 tbsp cornstarch mixed with 2 tbsp cold water (optional)
- Mashed potatoes and green beans or red cabbage, to serve

Steps

1. Pat the beef dry and rub with the salt and pepper.
2. Melt the butter in a heavy pot over medium heat until it turns golden brown. Brown the beef slowly on all sides, about 10 minutes, until a deep brown crust forms. Don't let the butter burn black.
3. Add the onions and cook 5 minutes, scraping the browned bits from the bottom.
4. Pour in the water so it comes halfway up the meat. Add the bay, cloves and peppercorns.
5. Cover and braise on the lowest heat for 3 to 3½ hours, turning the meat every hour, until it falls apart into threads when pushed with a fork.
6. Lift out the beef and pull it apart into large shreds.
7. Skim the fat from the juices and remove the spices. Simmer the juices for 5 minutes, thickening with the cornstarch if you like a thicker gravy.
8. Return the beef to the gravy and serve with mashed potatoes.

Notes

- **The name:** draadjies means "little threads", which is how the beef should look when done.
- **Make ahead:** like most braises, it's even better the next day, and it freezes for up to 3 months.
- **Other cuts:** shank or brisket also braise into threads.
- **Slow cooker:** brown the beef in the butter, then cook with 500 ml (2 cups) water on low 8 hr or high 4–5 hr. Shred, then reduce the juices on the stove for 10 minutes.
- **Chef's touch:** whisk a knob of cold butter into the gravy at the end; it makes it glossy and silky.
- **Pair with:** boiled potatoes and braised red cabbage.