

More than 1 hour

MAKES 4½L

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Ingredients:

- 3 Tbsp (45ml) olive oil
- Salt and milled pepper
- 1.3kg stewing beef or beef goulash
- ½ cup (125ml) cornflour
- 2 onions, chopped
- 4 stalks celery, sliced
- 4 cloves garlic, grated
- 1 large packet (100g) tomato paste
- 1 cup (250ml) red wine (optional)
- 8 sprigs thyme
- 2 sprigs rosemary
- 6 carrots, grated
- 3 Tbsp (45ml) Worcestershire sauce
- 1 Tbsp (15ml) ground coriander
- 1 tsp (5ml) salt
- 6 cups (1.5L) beef stock
- 2 cans (400g each) chopped and peeled tomatoes
- 1 Tbsp (15ml) sugar
- ½ cup (125g) butter (optional)
- ⅓ cup (80ml) harissa paste
- 4 cups (1L) cooked spelt
- Handful baby spinach, for serving
- Roasted vine tomatoes, for serving

Method:

1. Heat oil in a large 6-8L pot.

2. Season beef and lightly coat with cornflour, dusting off excess.
3. Brown beef in batches (this prevents steaming).
4. Remove beef and set aside.
5. Sauté onion and celery for 8-10 minutes or until golden, adding more oil if needed.
6. Add garlic and tomato paste and cook until sticky.
7. Add wine (if using) and reduce by half.
8. Return meat to pot and add remaining ingredients (excluding butter, harissa, spelt and serving suggestions).
9. Simmer for 1½-2 hours or until meat is tender.
10. Add butter and stir until melted. (Hint: At this stage, the soup can be cooled completely and then frozen as it works as a great base for other soups).
11. Stir through harissa paste and spelt.
12. Heat until steaming hot.
13. Serve topped with baby spinach and roasted vine tomatoes.