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 $1\frac{1}{2}$ -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.