

More than 1 hour

Serves 4-6

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Ingredients:

- Salt and milled pepper
- 1.5kg beef goulash (or cubed beef brisket works well too)
- 3 Tbsp (45ml) olive oil
- 2 onions, chopped
- 4 cloves garlic, chopped
- 4 sprigs rosemary
- 4 sprigs thyme
- 1 large sachet (100g) tomato paste
- 1 cup (250ml) red wine
- 2 cans (400g each) cherry tomatoes
- 1 cup (250ml) beef stock
- 300g tagliatelle, cooked according to packet instructions
- Parmesan cheese and roasted vine tomatoes, for serving

Method:

COOK'S NOTE

This ragu can be cooked in a pressure cooker for 45 minutes, or slow cooked for 6-8 hours.

1. Season meat and heat half the oil in a pot.
2. Brown meat in batches. Remove and set aside.
3. Heat remaining oil in the same pot.
4. Sauté onions until soft and translucent.

5. Add garlic, rosemary and thyme and fry for a minute.
6. Add tomato paste and cook for another minute or until sticky.
7. Add wine to deglaze pot, then stir in tomatoes and stock.
8. Reduce heat, cover and simmer for about 1½-2 hours until meat is soft, stirring regularly.
9. Shred meat with two forks – it should flake easily – and stir to combine with gravy.
10. Serve on a bed of tagliatelle and top with parmesan shavings and roasted tomatoes.