

Beef pot roast with five spices

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Hearty recipes from Dorota Trupp.

Ingredients (serves 6-8)

- 2 kg organic [beef](#) chuck, brisket or ribs
- 2 tbsp ghee or coconut oil
- 1 large onion, peeled and chopped
- 2 medium ribs celery, chopped
- 1 large carrot, peeled and chopped
- 5 cloves garlic, peeled and slightly crushed
- 1 cup canned diced tomatoes (including liquid)
- 1 can coconut cream
- 250 ml brown stock (i.e. beef stock)
- 2 pieces of ginger (size of a thumb), roughly chopped
- 2 tbsp five spice powder
- 2 tbsp of Dijon mustard
- Juice and zest of 4 organic limes
- Salt and freshly ground black pepper, to taste
- Fresh herbs to sprinkle

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Method

Preheat oven to 150°C.

In a heavy pot, heat the ghee over high heat, then add the meat and brown it dark brown on both sides. Remove it from the pan and set aside.

Add the carrots, celery, onions and garlic to pot and cook for five minutes or so, or until they start to brown.

Return the meat to the pot and add the tomatoes, coconut cream, stock, ginger, lime zest, five-spice mustard and lime zest.

Bring to a boil, then cover and transfer to the oven.

Cook for four to five hours or until the meat is tender, then remove the meat, leaving the pot and the juices in the oven. Increase the heat and reduce the sauce to a very thick consistency. Season, then return the meat.

Serve by sprinkling it with some fresh herbs such as parsley or coriander.

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