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THEY'RE FOR
ANYTIME

Squeeze more out of life.

Slow-Cooked Orchard Beef

Serves 6 *by Kim McCosker*



Ingredients

- 1.5kgs beef
- 2 tbs olive oil
- ½ cup red wine
- 3 oranges
- 2 onions, cut into wedges
- 4 cloves

Method

Grate 2 tbs of zest from one orange then juice until you have ½ cup of orange juice and add it to the red wine. With the other 2 oranges, peel and remove pith and seeds, then cut into segments. In a large frying pan, over a high heat, add the oil and brown the rump. All beef and lamb should be browned before slow cooking. Browning adds a rich color to both the meat and the finished sauce. Place beef into the slow cooker and add red wine marinade. Season with sea salt and pepper. Sprinkle with onions, orange segments and cloves. Cook on a medium heat for 4 hours or until done.

Tip: To make a yummy gravy, drain liquid from slow cooker into a frying pan, stir in a paste made of 2 tbs cornflour and 3 tbs water.



oranges.com.au