

**Miele**  
GALLERY

ON BANK

## INDIAN SPICED BEEF BRAISE

### INGREDIENTS

1 or 2 jars      mango chutney  
2-5 kg.         eye of round or blade roast  
Bay leaf  
Salt and pepper to taste



### PREPARATION

This is so simple it's almost embarrassing to repeat.

Salt and pepper the beef and rub in well.

Take a Dutch oven and put 3 tbs olive oil in.

Brown your meat.

Add the chutney and the bay leaf.

Cook in a 185 degree F oven (covered) overnight or 7 hours.

Enjoy with basmati rice or roasted/ steamed sweet potatoes and green vegetables.

This can also be done in the DGCxl. Cover the roasting pan with aluminum foil and cook at 325, full humidity for 4 hours.