

## Raciones para 1

500 g  
Casserole beef

15 g  
Plain flour

30-45 ml  
Extra virgin olive oil

10  
shallots, peeled and whole

2  
carrots, peeled and sliced

200 ml  
Port wine

200 ml  
water or beef stock

1-2 sprigs  
fresh thyme

Salt

Black pepper/Pimienta negra molida

- 1** Dust the meat in the flour, shaking off any excess. Heat the oil in a large casserole pan and brown the meat in batches over high heat. Remove with a slotted spoon and set aside.
- 2** Reduce the heat and add the shallots and carrots. Cook for a 2-3 of minutes before returning the beef to the pan.
- 3** Add the Port wine and cook uncovered on a high heat for a few minutes until the alcohol has evaporated.
- 4** Add the water or stock, the thyme, and salt and pepper to taste.
- 5** Cover the casserole pan with the lid and simmer for a couple of hours on a very low heat or until the beef has turned soft and tender.
- 6** Let sit for a few hours or, even better, until the following day. Serve with mashed potato for a complete meal.

## Chef's Notes

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<https://cookinglovers.teka.com/en/receta/estofado-de-ternera-al-oporto/>

