



BRAZILIAN

Carne de Panela

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	1 hr 10 min	Pressure-cook	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 5 cm (2 in) cubes
- 1½ tsp salt
- ½ tsp black pepper
- 2 tbsp vegetable oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 2 tomatoes, chopped
- 1 tbsp tomato paste
- 1 tsp ground cumin
- 2 bay leaves
- 250 ml (1 cup) water
- 3 carrots, thickly sliced
- 500 g (1 lb) potatoes or cassava (manioc), cut into 4 cm (1½ in) chunks
- Chopped cilantro or scallion greens, to serve

Steps

1. Season the beef with salt and pepper. Heat the oil in a pressure cooker with the lid off over medium-high heat and brown the beef in two batches, about 4 minutes per batch. Set aside.
2. Add the onion and pepper and cook over medium heat for 5 minutes. Add the garlic, tomatoes, tomato paste and cumin, and cook for 3 minutes until the tomatoes collapse.
3. Return the beef, add the bay leaves and the water, and scrape up the browned bits from the base.
4. Close the lid and bring to high pressure over high heat. Lower the heat to maintain pressure and cook for 35 minutes.
5. Release the pressure naturally for 10 minutes, then open the vent. Check that the beef is nearly fork-tender; if not, cook 10 minutes more.
6. Add the carrots and potatoes, lock the lid again, and cook at high pressure for 8 minutes. Release the pressure fully.
7. Simmer uncovered for 5 to 10 minutes until the gravy thickens. Taste for salt and scatter with herbs.

Notes

- **No pressure cooker?** Cook covered on the stove over low heat for 2 hr, adding the vegetables for the last 40 minutes.
- **Serving:** with white rice, black beans and farofa.
- **Make ahead:** the flavours improve overnight and it keeps 3 to 4 days in the fridge.
- **Slow cooker:** brown the beef and soften the vegetables, then cook on low 8 hr or high 4–5 hr, adding the carrots and potatoes for the last 2 hr on low. Cook lid off on high for 20 minutes to thicken.

- **Freezer:** freezes for up to 3 months; thaw overnight in the fridge and reheat until steaming hot.
- **Chef's touch:** mash a few potato or cassava chunks into the gravy with a spoon; they thicken it for free.