

## **BEEF VALENCIA**

*Yellow rice makes a colourful accompaniment to this ragout.*

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| 1/4 cup (50 mL) flour                          | 1 tsp (5 mL) ground coriander            |
| 1 tsp (5 mL) paprika                           | 1 tsp (5 mL) turmeric                    |
| 1/2 tsp (2 mL) salt                            | 3/4 tsp (3 mL) salt                      |
| 1/2 tsp (2 mL) freshly ground pepper           | 1/4 tsp (1 mL) cayenne pepper            |
| 3 lb (1.5 kg) boneless beef chuck steak, cubed | 2 cups (500 mL) fresh orange juice       |
| 2 tbsp (25 mL) oil                             | 1 1/2 cups (375 mL) canned beef broth    |
| 2 cups (500 mL) sliced onions                  | 1/4 cup (50 mL) tomato paste             |
| 4 cloves garlic, thinly sliced                 | 1 strip orange peel (1x4 inch/2.5x10 cm) |
| 2 tsp (10 mL) ground cumin                     | 1 cup (250 mL) pitted prunes             |

Combine flour, paprika, 1/2 tsp (2 mL) salt and pepper in a large plastic bag. Add beef to flour mixture and toss to coat. Heat 1 tbsp (15 mL) oil in a Dutch oven over medium heat. Add beef in batches and brown on all sides, adding remaining oil as necessary. Transfer beef to a plate. Add onions and garlic to pan; saute until softened, about 5 minutes. Add cumin, coriander, turmeric, 3/4 tsp (3 mL) salt and cayenne pepper. Cook, stirring, until fragrant, about 1 minute. Stir in orange juice, broth, tomato paste and orange peel. Bring to a boil, scraping to loosen browned bits. Return beef and any accumulated juices to pan. Stir in prunes. Bake, covered, at 350°F (180°C), stirring occasionally, for 1 1/2 - 2 hours or until meat is tender. Remove and discard orange peel. May be prepared in advance and refrigerated for up to 24 hours. If ragout appears too thick upon reheating, thin with additional broth or water. Serves 6 - 8.