



Beef Hash Parmentier

Beef

Servings: 6 **Source:** From the Recipe Collection of Ian and Steph Smith

INGREDIENTS

3 to 4 lb. beef rump or sirloin tip roast
red wine
beef broth
onions
garlic
vegetables of your choosing
mashed potatoes
butter
egg yolk

DESCRIPTION

Jim and Mary Crist served this dish at our VP wine tasting "Judgment" and the recipe was provided by Mary.

DIRECTIONS

Brown and braise the roast in red wine/broth until tender (350°F for about four hours). Make a gravy from the remaining braising liquid. You should have at least one cup of gravy, but if not, supplement it with canned beef broth.

Cut the cooked beef into bite-sized pieces. In a large frying pan, sauté chopped onions, garlic and whatever other vegetables you wish. Add chopped beef and enough gravy to thoroughly moisten the beef. Transfer the mixture to a prepared large pie pan or a suitable baking dish. Add more gravy if you prefer.

Make your favourite mashed potatoes and spread generously on top of the beef to cover. Bake at 350°F for ten minutes. Brush potatoes with some melted butter and then a beaten egg yolk mixed with water to help the potatoes brown. Bake an additional 25-30 minutes. Cool for a few minutes and serve.

NOTES

Mary usually roasts the beef and makes the gravy one day ahead.