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# Braised 7 Bone Steak

Total time: 4 hrs Yield: 5 Servings

## Ingredients

1 large chuck, pot roast or 7 bone steak  
2 Tbsp canola or olive oil  
salt  
pepper  
1 large carrot (medium chopped)  
1 medium onion (medium chopped)  
2 celery stalks (medium chopped)  
3 clove garlic  
1 cup red wine  
1 orange (zested and juiced)  
4 cup beef stock or broth  
5 sprigs thyme  
5 sprigs Italian parsley  
2 sprigs rosemary

Prep Time: 4 hrs Total Time: 4 hrs

## Instructions

Preheat a large heavy duty pot with oil. Season steak with salt and pepper. Place the steak into the heated pot and sear both sides until dark brown, then set aside.

In the same pot, add the carrots, onions, celery and garlic; roast the vegetables until tender and light brown. Deglaze the vegetables by pouring in the red wine, then add the orange zest and juice, beef stock or broth, thyme, parsley, rosemary and the seared steak. Bring to a boil, then lower

heat to a simmer. Cover the pot and cook until meat is tender, about 2 hours.

Remove the steak and strain the liquid. Discard the vegetables then place the liquid and steak back into the pot. Reduce liquid with steak until thick. Drain the water then season to taste with salt and pepper.

Steak should be soft, tender and ready to serve!

## Recipe brought to you by:

Chef Maka Kwon