

## *Medieval Braised Beef*

This dish would have been served at a nobleman's table as part of a feast meal. Meat was carved at the table with much flourish. This was one of the tasks a page learned while in service to his lord. The dish below is suitable for beginners to learn how to carve a joint of meat.

### **Ingredients**

2 lb. boned and rolled beef ribs (braising joint)

oil for roasting

2 Tbs. parsley

2 medium onions

2 Tbs. dried currants

2 tsp. whole black peppercorns

1/2 tsp. ground cinnamon

1/4 tsp. ground cloves

3 to 4 juniper berries **or** 2 bay leaves

1 tsp. sea salt

1 1/4 cups red wine

2 tsp. red wine vinegar

pinch of crushed saffron

### **Utensils**

knife and cutting board

measuring cup

measuring spoons

oven-safe covered casserole

dish **or** stew pot with lid

roasting pan with rack

strainer

serving bowl for the sauce

serving ladle **or** spoon

serving board

carving knife

serving fork

plates

Chop the parsley and peel and chop the onions. The dish can be prepared up to this point in advance. Preheat the oven to 375°F. Rub the meat with the oil and place it on the rack in the

roasting pan. Roast the meat for 40 minutes. Transfer the meat with all the drippings into an oven-safe casserole dish or a stew pot. Cover the meat with the onions, parsley, currants, salt, and spices. Add the wine and vinegar at the side of the pan. Cover with the lid and cook gently on top of the stove 45 minutes or in the oven at 325°F for the same amount of time. When the meat is done, remove it to a serving board. Strain the wine and juices from the pan and put them into a serving bowl. Carve the meat at the table and pour a little of the strained juices over each piece before serving.