

## **Seared Busy B's Market Beef Tips, New Potatoes, Vegetables, Grilled WeMe Bread and Red Wine Au Jus**

*Recipe courtesy of Michael Weinstein, Dread Head Chef, featured Grand Prairie Farmers Market chef*

1 pound beef tips  
Kosher salt and fresh cracked black pepper  
2 medium carrots peeled and diced in 1/2-inch pieces  
2 ribs of celery diced in 1/2-inch pieces  
1 small onion diced in 1/2-inch pieces  
3 cloves of garlic  
1/2 cup canola oil  
1 cup red wine  
2 cups beef stock or broth  
2 bay leaves  
1 sprig rosemary  
3 sprigs thyme  
8 medium sized new potatoes  
6 slices of WeMe bread grilled or baked in the oven

(Note: This dish can be done in a pressure cooker, crock pot or in a regular pot finished in the oven.)

First, drizzle a little oil on the meat and season with salt and pepper. Set to the side.

Whether you are using a pressure cooker, crock pot or a regular pot, the most important thing is to brown your meat first. And the best way to do this is to start with a heavy duty pot on the range set on medium high heat. In a 2-quart pot add a fourth of the canola oil and wait until it smokes. Once it smokes add your beef and just cook until it browns on all sides and remove from the pot. When the beef has been removed, add your onions, celery, garlic and carrots and cook until they start to caramelize a little bit. This may take 10 minutes. Make sure you stir so that the vegetables do not burn. When they have become a little caramelized, pour the red wine in and scrape the bottom. Reduce by half and add the beef stock, the herbs, potatoes and salt and black pepper. Do not over salt or everything will become salty.

At this point you can put everything into a pressure cooker, crock pot or finish in 325 degree oven.

For the pressure cooker or crock pot, please read the instructions. For the oven method, place the pot covered in the oven and slowly cook for 3 hours.

When everything has been cooked, I like to remove a fourth of the cooking and add some sautéed mushrooms to it and then reduce the liquid by 1/2 and make a sauce to go on top of the meat.