

## Beef Trinchado



### Makes:

4 - 6 servings

### Utensil:

Saladmaster Food Processor  
4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

**Rate** ☆☆☆☆☆

### Recipe:

### Contributed By:

Cathy Vogt  
Certified Health Coach & Natural Foods Chef  
[Write a Review](#)

### Recipe Description:

Beef tenderloin pieces or cubes of steak braised in a garlic and chili broth with red wine is popular in Southern Africa. Beef Trinchado is said to have its origins in Portuguese cuisine. Serve this dish with French fries, roasted potato wedges or bread to sop up the delicious sauce.

- 2 pounds  
beef tenderloin tips or other beef stew meat, cut into medium sized cubes  
(907 g)
- 2 tablespoons  
 Worcestershire sauce  
(15 mL)
- 2 teaspoons paprika (4 g)  
1/4 teaspoon cayenne pepper (1 g)
- 2 tablespoons all-purpose flour (16 g)
- 1 cup Portuguese red wine (240 mL)
- 1 cup beef stock (240 mL)
- 2 bay leaves
- salt to taste
- fresh ground pepper
- 1/4 cup black or green olives, pitted and chopped (57 g) (optional)
- Directions:**
1. Place trimmed and cubed beef in a bowl. Add Worcestershire sauce, paprika and garlic. Stir to combine and let meat marinate for 30 - 60 minutes.
  2. Preheat pan over medium-high heat. When several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes. Add half the beef cubes and braise for 3 - 4 minutes on each side until well browned. Remove from pan and place on a clean dish, along with any extra juices in pan.
  3. Cook remainder of beef cubes in same way. Remove from pan.

4. Add onions to pan and sauté for 6 - 8 minutes until softened and lightly browned.
5. Return meat to pan, along with any juices that accumulated on dish, and sprinkle with flour. Stir to evenly coat meat and onions.
6. Pour wine and beef stock over meat. Add bay leaves and stir to combine.
7. Place cover on pan. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 30 minutes until meat is tender.
8. Taste and adjust seasonings as needed with salt, pepper and extra cayenne, if desired.

**Tips:**

- For a gluten-free dish, substitute all-purpose flour with oat flour or a gluten-free flour blend.
- Substitute cayenne pepper with 1 - 2 small hot red chili peppers, chopped.
- Braising time will vary depending on the cut of meat used.

Nutritional Information per

▼ Serving

**Calories:** 280  
**Total Fat:** 9g  
**Saturated Fat:** 3g  
**Cholesterol:** 92mg  
**Sodium:** 484mg  
**Total** 5g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 1g  
**Protein:** 34g