FOOD & COOKING
WITH CHEF ROSS

Slow-cooked Beef, Lamb or Pork



Preparation: 20 minutes | Cooking: 2–3 hours or longer | Serves: 2 people

What you need

Ingredients



- 500 g beef chuck, lamb shoulder or pork shoulder, cut into large cubes
- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 tomatoes, chopped
- 1 tablespoon tomato paste
- 1 cup water, plus extra as needed
- ½ cup red wine (optional)
- Salt & pepper to taste

Equipment



- Heavy-based saucepan or casserole with lid
- Knife and chopping board
- Wooden spoon
- Measuring cup
- Plate and fork

Let’s make it



1. Prepare

Cut meat into large, even cubes.

Chop onion, garlic and tomatoes.

Keep raw meat separate from other foods and use clean equipment for vegetables.

Slow-cooked Beef, Lamb or Pork



2. Brown the meat

Heat olive oil in the pot over medium-high heat.

Brown meat in small batches for about 2–3 minutes per side.

Put browned meat onto a plate.



3. Cook the flavour base

Cook onion for 3–4 minutes.

Add garlic for 1 minute.

Add tomatoes for 3 minutes.

Stir in tomato paste for 1 minute.



4. Add liquid

Pour in 1 cup water and optional ½ cup red wine.

Stir and scrape browned bits from the pot base.

Return meat and its juices to the pot.

Add more water if needed so the liquid reaches about halfway up the meat.



5. Simmer gently

Put the lid on.

Simmer very gently over low heat for 2–3 hours or longer.

Check every 30 minutes, stir and add water if needed so the pot does not dry out.

Cook until the meat is tender and separates easily with a fork.



6. Taste and serve

Taste and add salt & pepper.

Serve with rice, mashed potato or green beans.

Serving and storage

- Refrigerate leftovers within 2 hours in shallow containers.
- Store at 5°C or colder and use within 3 days.
- Freeze for up to 3 months for best quality.
- Reheat until steaming hot throughout.
- If serving with rice, follow separate rice-handling guidance.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.