

Tafelspitz

Tafelspitz is the **Austrian**¹ national dish. It is basically boiled beef and carrots, but tasty and pretty too.

Ingredients

1.2 kg brisket
2 large carrots
4 sticks celery
3 leeks
4 gherkins
2 medium onions

Method

Preparation

Prepare the beef and vegetables in the usual way (traditionally in Austria the onions are cut in rings, carrots, thin sticks, and celery into thin strips).

The leeks should be cut into 5 cm flats (white part down the middle).

Cooking

Put the beef in a large pan and just cover with water. Add 5 ml salt.

Bring to the boil, skim, reduce to a simmer and simmer for 90 minutes approx until the meat is starting to tenderise.

Add the carrots, leeks, onion and celery and continue to simmer until the beef and vegetables are tender.

Assembly

Lift out the beef and cut into 1 cm slices. Arrange in a fan shape on a serving tray and decorate with slices of gherkin.

Serve the vegetables in a separate dish with a little cooking juice.

Serve the juice separately as a soup starter course.

To serve

Serve as per instructions above with a sharp sauce such as horseradish or mayonnaise, and a dish of boiled potatoes.

Accompany with a bottle of **FAIRTRADE** red wine.

Variation

Garnish with fresh parsley for a truly authentic dish.

100 ml of **FAIRTRADE** red wine and 15 ml tomato paste in the gravy adds colour and flavour.

¹<http://www.fairtradecookbook.org.uk/countries/austria.htm>