

Donald's pulled beef

Ingredients:

- Olive oil
- 4 medium to large onions (about 800g to 1kg, about 2lbs), coarsely chopped
- 4 lbs blade roast beef
- About 1-1/2 cup beef bouillon
- A bit of salt
- Water to cover the beef in the pot -- about 2 to 2-1/2 cups

Equipment:

- Cutting board
- Kitchen knife -- sharp enough to trim the beef
- Stovetop
- Heavy pot, such as cast iron, preferably covered, that fits in the oven (odd thing to say unless you're discussing a countertop convection oven! :) which is what I used)
- Utensil(s) to manipulate the beef while frying
- Measuring cup
- Oven preheated to 300F
- Oven mitts
- Large slotted spoon for removing cooked beef
- Optional: food thermometer
- Two large forks
- Container(s) to receive pulled beef
- Potato masher or hand blender to mash the onions
- Optional: frypan or second pot to help with sauce reduction

How to make:

- Preheat oven to 300F
- Trim and chop onions
- Place onion and olive oil in heavy pot on the stove
- Trim fat edges off beef
- Cut beef into three to four pieces that will fit into pot
- Add a small amount of salt
- Turn on stove to low to medium heat
- Brown all surfaces of beef
- Add beef bouillon
- Cover beef with water
- Bring liquid (with beef in it) to a boil
- Cover pot
- Transfer to heated oven
- Bake covered for 2-1/2 to 3 hours, stirring occasionally to evenly distribute sauce and avoid burning in the pot
 - Liquid will bubble after a certain amount of time; you may wish to verify that the liquid gets to 212F
- After about 90 minutes of bubbling, and while in the pot, test the beef with a fork; it is

ready when it readily and easily falls off the rest of the piece of meat with a fork

- Using a slotted spoon, remove pieces of meat and place on cutting board
- Using two forks, begin shredding the meat and transfer shredded meat to an oven proof container / serving bowl / general container
- Mash the onions in the pot
- Depending on amount of liquid left in pot, divide in two, placing half in a frypan or other pot
- Reduce the volume of the sauce on high heat, constantly mixing to avoid burning on the bottom of the pot(s)
- When reduced to your liking, transfer thickened sauce to shredded meat
- Serve warm, and / or divide into containers for freezing