



Another version with morcillo (beef shank)

## Pressure Cooker Beef & Beans

This is a variation of our **Morcillo** recipe. Any of the tougher cuts of beef will work: shank, cheeks (as shown here), chuck or brisket. Here, it's cooked together with beans (chickpeas will work as well) and the result is delicious. There's an added benefit: the leftover cooking liquid is a rich & tasty stock well worth saving.

### Ingredients

- 1 piece of beef (about 1 kilo/2 pounds) - cut in 4" chunks. (shank, chuck or brisket)
- 250 grams dry beans (1/2 pound white, red, navy, other) - cover with water & soak overnight
- 1 large onion (roughly chopped)
- 2 carrots (peeled & sliced in rounds)
- 6 button mushrooms - washed, roughly chopped
- 1 small potato, peeled
- 2 cloves garlic
- 2 tbsp olive oil
- 1 bay leaf, 4 whole peppercorns, salt & ground pepper

### Preparation

- Salt & pepper the meat (dusting with flour is optional)
- Brown the meat on all sides in olive oil, set aside.
- Lightly sautee onions, carrot, garlic & mushrooms (3 minutes).
- Add back the meat plus bay leaf, peppercorns & 1/2 tsp salt.
- Drain the beans and add to the pot.
- Add enough water (or stock) to cover by about 5 cm/2".
- Close the pressure cooker, when the pressure is up, cook for about 35 minutes.
- When the pressure bleeds off, strain and **save the stock**: remove the beans, meat & bay leaf, puree the veg with a cup of stock to make a nice thick sauce. Check salt/adjust. Make sure the beans are tender.
- Serve the meat on a bed of beans with a healthy spoonful of the sauce, and extra beans & sauce available for those who will (probably) want more. **Enjoy!**

### Note:

1. If you like, use stock instead of water. Reduce salt if using stock.
2. Cooking time in a normal stew pot takes twice as long, but works a treat.
3. Optional spices: cayenne pepper, red pepper flakes, star anise...
4. The stock left over is delicious: Full of flavor, great for soup.
5. Cooking time may vary. If the beans are not tender, return beans to the pot with some stock and cook for another 5 minutes. This can also be prepared with a long slow cook as in our **puchero recipe**.

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