

Madagascar Roasted Shredded Beef - Varenga

Ingredients:

4 LB boneless Chuck Roast, cut into 1 inch
2 cloves Garlic, finely minced
1C Onion, sliced
1 quart Water
1T Salt
1 tsp. Black Pepper, ground



Instructions:

Combine all ingredients, cover and bring to a boil. Lower heat.

Simmer 2 hours or until meat can be shredded with a fork. Add water as necessary to keep meat at simmering point.

Shred the meat by using two forks and tearing the meat into smaller clumps.

Meat should come apart easily.

Transfer the shredded meat and sauce to a greased 9 x 12-inch baking pan (oven-proof).

Roast at 400° F for 30 minutes until nicely browned across the top.

Garnish with parsley sprigs. Serve in baking dish used to cook the meat. Serve with white rice.

Yield: 8 portions

