



SPICY BEEF STEW

SERVES 4

This recipe requires long slow cooking to guarantee the meat is tender.

For vegetarians: replace the meat with 2 peppers, 2 courgettes and 250gm lentils, use a vegetable stock cube and reduce cooking time to 1 hour.

INGREDIENTS

450gm stewing steak
15ml/1tbsp oil
1 onion
1 clove garlic, crushed
1 leek-sliced
1 stick celery, sliced
2 carrots, sliced thick
15ml/1tbsp curry powder
5ml/1tsp ground ginger
30ml/2tbsps flour
15ml/1tbsp tomato puree
300mls/½pt beef stock
15ml/1tbsp horseradish sauce
Chopped parsley
Salt and pepper
4 large baking potatoes, washed and pierced with fork

METHOD

1. Preheat oven to 150c/gas mark 2
2. Heat oil in ovenproof dish, fry meat until brown.
3. Add onion, garlic, celery, carrots and leek.
4. Stir in curry powder, ground ginger and seasoning followed by flour and tomato puree.
5. Cook for 1 minute, stir in stock slowly until thickened.
6. Stir in horseradish sauce.
7. Cook in oven for 2½ hours with potatoes.
8. Sprinkle with parsley serve with jacket potatoes.

Stewing steak does not dry out and offers a rich flavour. Beef is an excellent source of protein and contains all of the essential amino acids which play a role in almost every system in the body.

