



WINTER WARMING CASSEROLE

SERVES 4

INGREDIENTS

450gm stewing steak
15ml/1tbsp oil
1 onion
2 leeks, sliced
30ml (2tbsp) flour
450ml (¾pt) beef stock
2 carrots, sliced
½ swede, cut into small chunks
2 potatoes, sliced
5ml (1tsp) rosemary
Seasoning

METHOD

1. Preheat oven to 150^oc, gas mark 2
2. Heat oil in ovenproof dish and fry meat until brown.
3. Add onion and leeks.
4. Stir in flour and cook for 1 minute, then add stock slowly and stir until thickened.
5. Add the carrot, swede and potatoes.
6. Stir in rosemary and seasoning.
7. Cook in oven for 2- 2½ hrs.

Serve with a leafy green vegetable, eg cabbage, for vitamins and minerals. This recipe requires long slow cooking to guarantee the meat is tender. Stewing steak does not dry out and offers a rich flavour.

FOR VEGETARIANS: replace the stewing steak and beef stock with mushrooms, tomatoes and celery and a vegetable stock cube.

