

We found a reduced piece of Salmon Cut Beef which will easily feed us three good meals. But stewing steak works just as well.

Ingredients:-

1kg of cubed stewing Beef
1 Onion sliced
2 medium Potatoes
2 Carrots cut into small batons
¼ of a Swede pealed and cubed
½ a Leek sliced across the length
2 Beef stock cubes & ½ pint of water
Gravy granules
2 cloves of garlic, grated
1 tsp of Paprika
1 tbls Soy Sauce
1 tsp Onion salt
Cornflour
Oil for frying

Method:-

(1) Fry the Beef in a little oil to seal the meat.
(2) Add the Onion and Garlic and soften.
(3) Add the stock cubes and water.
(4) Season with Salt , Pepper, Paprika, Onion salt and Soy Sauce.
(5) Place in a covered casserole dish and cook in the oven for an hour at 150C.

(6) Add the Potatoes, Carrots, Swede.
(7) Add the gravy granules.
(8) Cook for a further 2 hours at 150C.
(9) Add the leeks.
(10) If the sauce isn't think enough mix a little cornflour and water and add to thicken.
(11) Cook for a further hour at 150C,

Serve with Yorkshire Pudding, Vegetables and roast Potatoes maybe?