



Ox Heart is really not a cut of meat we would generally even think about. But in yellow sticker land this pack was 33p and there's nothing that we've not been able to make a good meal from with a bit of planning and time. Although it is spring now this Casserole would make a very tasty ?Winter Warmer? and would easily feed a family of four for less than £2 ? Which even by our standards is pretty good going?...

Ingredients:-

425g Chopped Ox Heart
Plain Flour
Salt & Pepper
Onion Salt
Cayenne Pepper
Turmeric
Basil
Coriander
Mustard Powder
100g Mung Beans
½ a Leak, sliced
1 Carrot, cut into batons
2 Potatoes, quartered with the skins on
1/3 of a small Swede, peeled and cubed
2 Shallots, peeled and halved
1 Stock cube
A Squir of Tomato Puree
A Slug of Tomato Ketchup
2 Bay Leaves

Oil to fry

Method:-

- (1) Soak the Mung Beans in salted water for at least 3 hours.
- (2) Mix the Salt & Pepper, Onion Salt, Cayenne Pepper, Turmeric, Basil, Coriander, Mustard Powder ? into the Flour in a large bowl.
- (3) Coat the Ox Heart in the seasoned flour and fry to brown slightly on all sides. Set aside.
- (4) Dissolve the Stock in 1l of water.
- (5) Drain and rinse the Muck Beans.
- (6) Layer the Mung Beans, Vegetables and Heart in a casserole or slow cooker.
- (7) Add the stock so that everything is submerged.
- (8) Cook on a moderate heat for a good 4 hours in the oven or a slow cooker, stirring and adding water occasionally if it gets too thick.

Serve with Sage and Onion dumplings for a good ?Hearty? meal (Sorry pun intended!). For a total cost of less than £2 we have enough Casserole for at least four good sized portions.