

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

1/4 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?