

Beef Stew

A hearty stew for the whole family to enjoy

Portions 4

Ingredients

750g	Stewing Steak
250ml	Oil
2	Onions - chopped
4	Carrots – chopped
1	Turnip – chopped
1	Celery – chopped
25g	Plain Flour or 12.5g Cornflour
850ml	Stock
	Seasoning, Mixed Herbs
	Chopped Parsley to Garnish

Method

1. Cut meat into neat cubes.
2. Heat the oil in a saucepan and fry the meat for 2 minutes to seal.
3. Peel vegetables and chop into neat pieces and add to the meat.
4. Pour in the stock except for 4 tablespoons.
5. Cook slowly for 2 to 2.5 hours until meat is tender.
6. Blend the flour or cornflour with the remaining stock. Add the liquid in the pan and stir until the gravy has thickened.

Serve garnished with chopped parsley. Great with mashed potato and seasonal vegetables