

Beef and Vegetable Casserole

Ingredients

- 500g stewing beef , DICED into even size cubes at home
- 1 onion, peeled and chopped CHUNKY
- 2 carrots, peeled and chopped CHUNKY
- 2 sticks of celery, trimmed and chopped CHUNKY
- 15ml oil
- 30g plain flour
- 500ml beef stock (or vegetable stock)

Optional ingredients

- 8 small mushrooms, washed and sliced in half
- 1 bay leaf
- 5ml dried thyme
- 2 juniper berries
- 5ml Worcestershire sauce/1tsp marmite
- Salt and pepper to taste
- When making this at home you could use wine/beer/cider for a richer flavour.

Method

1. Prepare the vegetables.
2. If your meat is not diced... With a clean knife, on a chopping board, dice the beef into even size chunks.
3. Put the oil in a saucepan and brown the beef - this seals the moisture in and makes a better flavour.
4. Add the onions and cook until they begin to soften.
5. Stir in the flour so it coats all of the beef and onion.
6. Add the carrots, celery and mushrooms and stir.
7. Pour in the stock, add the bay leaf and thyme and any other ingredients.
8. Bring it all to the boil then simmer for as long as possible while you wash up.
9. With a ladle, spoon into your ovenproof dish, cover and name.

YOU NEED TO BRING A CASSEROLE DISH PREFERABLY

WITH A LID - we will prepare this at school, but it will need to be cooked in an oven at home for at least 1 hour.

