

View from the Fridge – Recipes from Brian Donkin

Recipe # 55 – Casserole of Beef Winter-Style

Preparation time: 15 mins – Cooking time: 15 mins

Ingredients

½ kg of diced beef
50gm butter
1 large carrot, whole
1 red pepper, deseeded and cut into quarters
1 green pepper, deseeded and cut into quarters
1 base of celery, 3 inches
1 onion, whole
1 teaspoon of tomato puree
1 teaspoon thyme
3 bay leaves
1 large glass of red wine
1 pint of meat stock
2 tablespoons flour
salt and pepper

Method

1. Fry beef, onion, carrot, celery and peppers in the butter. Add the bay leaf, thyme and salt and pepper. Stir vigorously for 4 minutes.
2. Stir in flour, add the wine, the stock and the tomato puree. Bring to the boil.
3. Put lid on pot and put in the oven at 200C for 1 hour 10 minutes.
4. Remove pot from oven, then take out the vegetables (apart from the peppers) and cut each into 4 pieces
5. Put the beef and sauce in the middle of the plate and garnish with the vegetables.

Serve with baked potato

Serves 3 – see next page for picture /.

