

## **STEW RECIPE**

450grms Stewing Beef (I prefer Shin of Beef which you can get from the Butcher's and they'll chop it for you)  
2 Medium onions chopped or 1 onion and 1 leek sliced  
450grms Each of the following, chopped into chunks:  
Carrots  
Parsnips  
Potatoes (cut these a bit bigger than the rest so they don't mush up)  
Swede  
1 – 1 ½ Pints Beef Stock  
Good pinch of mixed herbs  
Salt and Pepper  
Little bit of oil for browning meat

Heat oil in bottom of large saucepan, brown the meat in the oil then add chopped onion/leek to soften off. Add all vegetables to the pan and mix well. Then add the stock – there should be enough to cover all the veg & meat (if there's not then just top it up with water). Add mixed herbs, salt and pepper, mix well. Cover and bring to the boil, then reduce to a simmer for about 1 – 1 ½ hours, stir occasionally. You want to make sure the meat is nice and tender. If the stew is too thin for your liking you can always thicken it off with a little bit of gravy granules. Taste to make sure there's enough seasoning – you can also add a few dashes of Worcestershire sauce for flavouring if you want.

NB: I've said 450grms of each of the veg but you don't have to stick rigidly to that. I usually use about 3 or 4 carrots, 3 parsnips, 3 or 4 spuds and about half a swede.