

A Winter Warming Beef Casserole

This recipe is recommended by our daughter Molly who copied it from a library book.
I'm afraid we can't remember which one.

Ingredients:

500g diced braising steak
1 large onion, chopped
1 garlic clove, crushed
2 carrots, sliced
85g streaky smoked bacon, chopped
2 tbs vegetable oil
1 tbs flour
1 tbs tomato puree
Pinch mixed herbs
Salt and pepper
A few strips orange zest
450ml beef stock

Method:

Preheat the oven to 180c
Mix the flour salt and pepper on a plate and toss the meat in the flour.
Heat some oil and fry the onions, carrots and bacon. Remove with a slotted spoon and set aside.
Heat the rest of the oil and add the meat to brown.
Return the vegetables to the casserole dish with the meat. Add the tomato puree, garlic, herbs and orange zest and stock. Bring to the boil stirring well.
Put the lid on the casserole dish and transfer to the oven. Cook for 2 hours.

Our note:

It's a tasty recipe which we've cooked several times. This quantity seems just enough for 4, if one member of the family has a small appetite! The combination of tomato, bacon and orange flavours reminds Jane of a dish her Grandmother used to cook – who never followed recipes just added a bit of this and a bit of that until it looked and tasted right.