

# SLOW COOK BEEF CASSEROLE

This is a simple-to-prepare meal that uses ingredients you can purchase from our local Branhholm IGA supermarket. Of course you can also drop in to one of the road-side stalls on the way to Tin Dragon Cottages to purchase fresh locally-grown vegetable. Or take a short drive past the Legerwood carvings to drop in to the Ringarooma butcher to buy some local grass-fed beef – or venison?

## INGREDIENTS

Provides generous serves for three people

**500g** of your favourite meat e.g. rump steak, round steak, gravy beef, mutton, lamb, venison

**¼ cup** plain flour seasoned with pepper and paprika \*

**1 cup** beef stock. You can use liquid stock, or make up your stock using stock cubes or powder

**¼ cup** red wine (optional)

**1 tablespoon** Worcestershire sauce (optional)

**2-3 heaped tablespoons** of chutney

**Up to 4 cloves** of fresh garlic or 2 teaspoons of granulated garlic

**1** onion roughly chopped

**3** medium potatoes roughly chopped (leave the skin on)

**2 – 3** medium carrots chopped into thick slices

**Generous amount** of dried mixed herbs

**Fresh** parsley finely chopped to add to cooked meal (ask us – we may have some in the garden)

**1 cup** rice, pasta or fresh bread (Note: your cottage has a rice-cooker)

## METHOD

Add the chopped vegetables to the ceramic pot.

Cut the meat into large cubes (3 – 4 cm) then toss the meat in the seasoned flour. Then add the meat and all the flour to the ceramic pot.

Mix the dried herbs into the ingredients in the ceramic pot.

Add the liquid ingredients. Mix the ingredients.

Place the lid on the cooker and set to “auto”; or “high” for first 20min, then “low”. Your meal will be ready after about 5 hours. Stir the chopped fresh parsley through just before you serve the meal.

You may like to give the stew a mix a few times while it is cooking – but don’t forget to put the lid back on! It is important not to add too much liquid, so only add more liquid if you think the stew is looking a little dry after about 4 hours.

Serve hot with a glass of your favourite beverage and your choice of bread, pasta and/or rice.