

SUCCULENT BEEF CASSEROLE



Serving: 4 - 6

Cooking Time: 2 hours 30 minutes

Prep Time: 15 minutes

INGREDIENTS

- 1,5kg stewing beef, bone in

- 500g new potatoes, halved
- 4 carrots, thickly sliced
- 2 onion, roughly chopped
- 1 beef cube
- 40g tomato puree
- 30ml (2 tbsp) Worcestershire sauce
- 30ml (2 tbsp) cake flour
- 15ml (1 tbsp) vegetable oil
- 1 spring of Rosemary
- Salt and freshly ground black pepper, to taste
- 500ml (2 cups) hot water

INSTRUCTIONS

1. Preheat the oven to 160°C.
2. Heat the oil in a large pan and braise the beef, until the beef starts to brown, for (+/- 10 minutes).
3. Carefully tip the beef into a large casserole dish and add the rest of the ingredients.
4. Place the lid on the casserole dish and cook in the oven for (+/- 2 hours 30minutes).
5. Remove the lid and cook until the meat is cooked through and the sauce has thickened for (+/- minutes).
6. Stir and garnish with a fresh spring of Rosemary