



Herbed beef casserole

Metric

2 × 15 ml spoons oil
1 large onion, peeled and sliced
1 large carrot, peeled and sliced
450 g braising steak, trimmed and cut into 4 cm cubes
25 g mushrooms, washed and sliced
1 stick celery, washed and sliced
227 g can peeled tomatoes
1 × 15 ml spoon tomato purée
1 × 5 ml spoon tarragon
1 × 5 ml spoon oregano
1 bay leaf
Salt and freshly ground black pepper
300 ml boiling water
1 beef stock cube

Beurre manié

25 g butter mixed with
2 × 15 ml spoons plain flour
20

Imperial

2 tablespoons oil
1 large onion, peeled and sliced
1 large carrot, peeled and sliced
1 lb braising steak, trimmed and cut into 1½ inch cubes
1 oz mushrooms, washed and sliced
1 stick celery, washed and sliced
8 oz can peeled tomatoes
1 tablespoon tomato purée
1 teaspoon tarragon
1 teaspoon oregano
1 bay leaf
Salt and freshly ground black pepper
½ pint boiling water
1 beef stock cube

Beurre manié

1 oz butter mixed with
2 tablespoons plain flour

Cooking Time: 1¾ hours

Oven: 160°C, 325°F, Gas Mark 3

Preheat the oven. Heat the oil in a frying pan and fry the onion and carrot until the onion is soft. Remove the vegetables and place in a casserole. Brown the meat quickly in the hot fat to seal in the juices, then add to the vegetables, together with mushrooms and celery. Add tomatoes, tomato purée and herbs. Season with salt and pepper. Make up the stock and pour over the contents of the casserole. Cover with the lid and place in the oven for 1½ hours. Taste and adjust seasoning and thicken with a *beurre manié* before serving.

