

CRUNCH TIME

Casserole



Serve information: 1 casserole dish with Casserole

INGREDIENTS:

1 Onion
2 Bacon rashers
1 Potato, peeled
1 Carrot, peeled
50g Plain flour
1kg Beef chuck steak, chopped coarsely
40ml Olive oil
1 Tsp mixed herbs
1 Bay leaf
2 Garlic cloves
Salt
Pepper
500ml Beef stock
200g Canned crushed tomatoes
1 Sprig parsley, finely chopped

EQUIPMENT:

2 chopping boards
Sharp knife
Large zip-lock plastic bag
2 medium sized casserole dishes with lids.
Wooden spoon
Tongs
Plate
Several spoons
Oven mitts



METHOD:

1. Chop onion and bacon
2. Roughly chop potatoes and carrots
3. Put the flour in a plastic bag. Add the diced meat. Secure the opening and shake the bag to coat the meat in flour.
4. Heat half the oil in the flameproof, ovenproof casserole dish on the stove over medium heat
5. Sear the meat quickly in the casserole dish, turning the pieces until they are brown. Transfer to a plate
6. Heat the remaining oil in the casserole dish. Saute the onions and bacon, stirring with a wooden spoon, until onion is soft
7. Return the meat to the dish. Add mixed herbs, bay leaf, garlic, vegetables and season with salt and pepper. Stir in the stock and canned tomatoes
8. Place the lid on and cook, covered, in the preheated oven at 180°C for one to one and a half hours or until meat is tender
9. When cooked, take "prepared earlier" casserole
10. Sprinkle chopped parsley over the top and serve in the casserole dish on the table



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