

Eat The View

Recipes and Tips

Shropshire Beef Stew- a mainstay of the SW80K, served in a barn high in the hills

To feed 6 people, you will need

1kg organic stewing beef (shin, or chuck work well)

2 Sticks celery, 1 Onion, 3 large carrots, 2 large potatoes

2 bay leaves, 2 sprigs thyme

Flour for dusting

2 Tbsp Tomato puree

2 Stock cubes, salt and pepper, oil for frying, red wine to deglaze.

How to make your stew

Dice your beef and coat it in seasoned flour. Shake off the excess

Peel your root vegetables and chop into medium dice

In a heavy saucepan, heat the oil and brown the beef

Once browned, remove the beef, lower the heat and soften your root vegetables for 10 minutes.

Add the tomato puree and stir in. Cook it out for a couple of minutes then deglaze to remove any thing which is stuck to the pan.

To you pan, now add the beef, stock cubes, herbs and enough water to cover.

Put on a lid, bring to the boil and then transfer to a low oven (160 degrees) for around 4 hours.

Check that your beef is tender and that the root vegetables are soft. If not, continue to cook for another hour.

Before serving, you may need to skim any excess fat from the top.

This tastes even better if placed in the fridge overnight and reheated the next day. Don't ask me why but it does. Serve with pickled red cabbage and illegal quantities of English mustard.