

# Hearty Beef Stew

Servings: 4  
Total Time: 2 hrs 25 mins  
Cooking Time: 2 hrs 15 mins



## INGREDIENTS

1kg stewing beef (chuck or shin)

¼ cup cake or self-raising flour

2 tsp barbeque spice

½ tsp freshly ground black pepper

250g button mushrooms



3 Tbsp light olive oil

1 Tbsp butter

1 Tbsp light olive oil

2 medium onions, peeled & sliced

2 tsp finely chopped garlic

1 tsp finely chopped chillies (optional)

1 Tbsp Worcester sauce

1 tsp dried thyme

2 large carrots, peeled & cubed

150g green beans, sliced diagonally

1½ Tbsp tomato paste

2 anchovy fillets

4 cups vegetable or beef stock

500g baby potatoes, peeled (optional)

1-2 tsp cornflour or Bisto, to thicken  
a few drops gravy browning, to colour



## METHOD

Trim the beef of excess fat & sinew, and cube into 3-4cm cubes.

Place the flour, barbeque spice & black pepper in a plastic bag, squeeze the opening shut and shake to mix.

Add the meat to the bag and shake well to coat all over. Set aside.

Prepare the mushrooms by removing & crushing the stalks, and quartering the caps. Set aside.

In a large saucepan over a high heat, add the olive oil and once heated, add the flour coated meat and brown on all sides.

Transfer the meat to a large bowl.

Still over a high heat, melt the butter & olive oil in the same saucepan and fry the sliced onions until lightly browned.

Stir in the garlic, chillies, Worcester sauce & thyme.

Stir in the cubed carrots, sliced green beans, mushrooms (crushed stalks & quartered caps), tomato paste and mash in the anchovy fillets.

Return the meat to the saucepan and add the stock. Bring to a boil and then reduce the heat to simmer for 1½ hrs.

Add the baby potatoes and simmer for a further 30 mins until tender.

Mix the cornflour or Bisto with a little water into a paste and slowly add to the stew, a little at a time, until the desired consistency has been reached. Add gravy browning if necessary.



## SERVING SUGGESTIONS

Serve with short grain (white or brown) rice or ciabatta.

## VARIATION

Use lamb leg chops instead of beef.

