

SPICED BEEF STEW



DAIRY WOMEN'S
NETWORK

success through inspiration

Cook Time: *Low 7-8hours or High 3½-4hours in Slow Cooker.*

Ingredients

1kg chuck/stewing/blade/shin beef steak (anything that is a tough cut)

3 Tbsp flour

2 Tbsp brown sugar

1 tsp curry powder (use your discretion depending on how hot you like it)

½ tsp ground ginger

½ tsp mixed spice

½ tsp salt

1 Tbsp worcestershire sauce

2 Tbsp vinegar – a flavored one is great, especially a red one

3 Tbsp tomato sauce

2 Tbsp red wine or sherry or ruby wine – anything red is good – don't use cheap and nasty!

3 Tbsp water

Method

1. Cut meat into 2cm cubes and set aside.
2. Combine flour, brown sugar, curry powder, ginger, mixed spice and salt in the cooker.
3. Add the worcestershire sauce, vinegar, tomato sauce, wine and water – mix well with a whisk. It will be like a paste, don't add anymore liquid.
4. Place meat in the cooker and stir/coat well.
5. Cover with lid and stand in a cool place for at least 2 hours or preferably overnight (no biggie if you don't do either, but if you have time.)
6. Switch cooker on and cook following the times and settings above.
7. Give a stir if walking by but don't annoy it too much!
8. Serve with mashed potatoes and veggies.

