



# 1910s



COOKING PASSION SINCE 1877

## WARTIME BEEF STEW

Slow Cooked Beef and Bean Stew – an upgrade on the supposedly terrible Maconochie tinned stew fed to soldiers during WW1!



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# WARTIME BEEF STEW

## INGREDIENTS

### Serves 4

- 2 tbsp vegetable oil
- 600g diced beef
- 4 tbsp plain flour
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1 large onion, peeled and diced
- 1 tbsp tomato puree
- 800ml beef stock
- 1 tsp Worcestershire sauce
- 2 bay leaves
- 2 large carrots, peeled and chopped into large chunks
- 1 swede, peeled and chopped into large chunks
- 2 large potatoes, peeled and chopped into large chunks
- 1 x 400g tin haricot beans, drained
- 130g frozen peas
- A few sprigs of fresh thyme to serve

## INSTRUCTIONS

1. Preheat your NEFF Slide&Hide® oven to CircoTherm® 150c.
2. Heat the oil in a large oven-proof casserole pan on a high heat.
3. Toss the beef in the flour, half the salt and half the pepper, fry in the oil until browned on all sides (about 5-6 minutes).
4. Turn down the heat to medium and add the onion. Cook for 3 minutes, stirring often.
5. Add the tomato puree, stir, add the stock, Worcestershire sauce, bay leaves, carrots, swede and potatoes and the remaining salt and pepper. Place a lid on, place in the oven for 2 hours, until the beef is tender.
6. Stir in the haricot beans and frozen peas. Place back in the oven for 10 minutes.
7. Remove from the oven and serve with a few sprigs of fresh thyme.

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