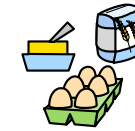


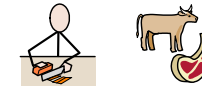
Brown Beef Stew



Ingredients

300 

300 grams of diced beef



450 

450 grams of diced vegetables



150 

150 grams of new potatoes





100 

100 grams mushrooms (quartered)



$\frac{1}{4}$ 

2  pt 

2 pints stock



Ingredients

1



One tablespoon of tomato puree

2



Two tablespoons of plain flour

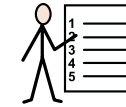


Gravy browning



Fresh thyme to taste

3



Method



Put beef into a thick bottomed saucepan.



Cover with stock and simmer for 30 minutes.



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Skim if necessary.



Add diced vegetables and simmer for 40 minutes.

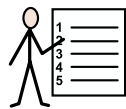


...



Skim if necessary.

4



Method



Add herbs, tomato puree and mushrooms.



Add more water to the stock if necessary.



Simmer for 20 minutes.



Mix the flour with a little water.



Remove the stew from the heat.



Add the flour mixture, stir well.



Method



Return to the heat and bring to the boil.



Add gravy browning and simmer for ten minutes



Serve with wholemeal bread.