



Boiled Beef and Carrots

200 grams of shin beef diced into 1 inch cubes
One Knorr Lamb Stock Cube
One Bovril Stock Cube
One large onion (Diced)
Two large carrots (Ring cut 1/8 of an inch)
250 mls water
One level tablespoon of Juvela Flour Mix

Method

Place the meat and water in a casserole dish, cover and simmer for one and a half hours.

Add the stock cubes, and stir until dissolved, cool and whisk in the flour
Add the vegetables. And a dash of pepper. (No salt is required as the stock cubes provide enough)

Bring to the boil and then place at the bottom of the oven for half an hour at mark 5.

Turn the oven up to mark 7, and place the potatoes which have been pre-boiled for 20 mins

In a preheated tin containing about two ounces of beef dripping

Cook for one to one and a half hours until crisp and brown. The time will depend upon the quantity of potatoes, and the type of oven

After half an hour remove the casserole from the oven, stir well and return to the oven until the potatoes are ready.

Serve with a green vegetable of your choice.



This recipe has been brought to you by The Cream Of Tartar Company Limited

Web site :- Thecreamoftartarcompany.com

Thecreamoftartarcompany.co.uk

Email:- Thecreamoftartarcoltd@hotmail.com

Tel:- 07710958581

