

Beef Casserole Serves 20

Based on an Edmonds cookbook recipe.

- 3 large onions chopped
- 2.5 kg chuck or blade steak - cut into cubes
- 3/4 cup flour
- 5 tablespoons oil
- 9 cups liquid beef stock
- 5 carrots chopped
- 2 teaspoons salt and 1/2 teaspoon pepper
- 3 bay leaves - optional
- 5 sprigs thyme
- 5 sprigs parsley

Can use aluminium oven dish eg New World sells 43×32×7.5 cm. Put dish onto a large flat oven tray so it is easier to handle. Brown chopped onions and put into large oven pan. Flour all the meat cubes and place on top of onions. Sprinkle on salt and pepper. Add carrots and sprigs of herbs. carefully pour the stock over everything.

Cover dish with tin foil and put dish on oven tray in oven. Cook in oven for 1.5-2 hours at 160 degrees until meat is tender.

Take out herb sprigs before serving.