



Ingredients

- 600g best stewing beef
- 2 large carrots
- 10 button mushrooms, halved
- 3 large cloves of garlic whole
- 1 tablespoon tomato concentrate
- 2 tins of chopped tomatoes
- 1 glass of good red wine
- 1 bay leaf
- 1 whole clove
- 1 teaspoon of mixed herbs
- olive oil

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Prep time - 30 mins

Cooking time - 3 hours

Serves 6-8

Method

1. Use your heaviest casserole dish with a heavy lid. Heat olive oil.

2. Cut your beef into chunks, dry off, and brown in the casserole in batches, do not over crowd the beef and no need for flour. Put all browned beef in the casserole dish with whole cloves of garlic, mixed herbs, clove & bay leaf.

3. Add 1 generous tablespoon of tomato puree, cook this out for 5-10mins until brown and sticky. Then add a glass of red wine to de-glaze the dish. Leave to bubble for a couple of minutes, then add 2 tins of tomatoes.

4. Put the lid on, turn the heat right down to lowest setting and leave for 2 hours.

5. Check every 30mins and if drying out, add water.

6. After 2 hours, add thickly sliced carrots.

7. Leave for another hour, and check that the beef is pulling apart. Then add the mushrooms and cook for the last 30 minutes and keep checking!

Take off the heat and leave to rest for an afternoon or minimum 2 hours, then gently heat!