ELAND & VEGETABLE CASSEROLE

Prep: 15 mins
Total: 3hr 35 mins
Serves: 6 ppl

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Ingredients

2 celery sticks, thickly sliced
1 onion chopped
2 really big carrots (cut chunky)
5 bay leaves
2 thyme sprigs, 1 whole and 1 leaves picked
1 tbsp vegetable oil
1 tbsp butter
2 tbsp plain flour
2 tbsp tomato purée
2 tbsp Worcestershire sauce
2 beef stock cubes, crumbled
850g Aloes Meats Brisket

Method

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins - 1hr more until the meat is really tender and the sauce is thickened.
6. Garnish with the picked leaves of the remaining thyme sprig