



Diced Beef  
Leftovers  
RECIPE

# Hearty Beef and Ale Casserole

## Ingredients

500g diced stewing steak

1 large onion sliced

1 large carrot diced

1 crushed garlic clove

Add extra veg if have it to use up such as celery, mushrooms or turnips.

2 tablespoons of flour

crushed black pepper

One 500ml bottle of ale (if you don't want to use alcohol try adding a tin of chopped tomatoes)

Optional chopped rosemary

Beef stock (1 cube to approx 200ml of boiling water. Look for lower salt varieties)

## Method

Toss meat in the flour to coat it. Add oil to a large pan and fry the meat in small batches until browned on all sides. Remove meat to a plate. Next add the vegetables and garlic to the pan and cook gently for 8-10 minutes. Add the meat back to the pan along then add in the ale (or tomatoes) beef stock and chopped rosemary if using and stir. Cover pan and bring to the boil. Reduce to a simmer for 2 ½ hours stirring occasionally, adding extra stock if its starts to become too dry. Serve with mashed potatoes or roast baby potatoes and a selection of roasted seasonal vegetables to soak up the gravy.

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CRAFT BUTCHERS