

## Beef Kishorn

Start this at least the day before you plan to eat it.

Serves 4-6 (depending on how long they've been out on a hill!)

(All quantities are approximate – adjust to taste)

2lb stewing beef cubed (shin if you can get it is very good)

1lb root veg diced into quite small chunks (a combination of carrot, turnip &/or swede)

1 small onion sliced

1 400g tin tomatoes

1-2 beef stock cube(s) made up to a generous pint – use only enough hot water to dissolve the cubes then top up with cold. (You could use proper beef stock if you have it, instead of cubes)

1 tbsp cooking oil

Black pepper

A glug of red wine, cider or sweetish ale (optional)

A pinch of mixed herbs

Oven Gas 2 150°C – it is not necessary to preheat the oven for this recipe.

Heat the oil in a large frying pan or an ovenproof casserole that can also be used on the hob, gently fry the onions until translucent then remove them. Brown the meat, and if liked gild the diced veg in a little hot oil to help their flavour develop. Transfer the meat to a casserole if necessary. Return the onions to the pot and stir in the tomatoes, stock, alcohol if using, and seasoning - but **not** the herbs. Add more water if needed to make sure the liquid covers the meat. Cover the casserole with a close fitting lid or a double layer of foil pulled tightly round it and cook in the oven for 2 hours.

Remove the casserole and allow it to cool thoroughly.

Some time later, 6-12 hours, check the liquid level in the casserole and repeat the 2 hour cooking AND the cooling down period.

Add the herbs (they can become bitter with very long cooking) and reheat the stew a final time for at least an hour. Check the seasoning and consistency of the gravy. If necessary, remove the meat and veg and keep them warm while you boil up the liquid to reduce it.

Serve with chunks of fresh bread or your choice of potato.