



Jolly Fine Recipe

Slow Comfortable Stew Pan Cook Recipe

Recipe

Ingredient	Amount
Diced Lean Beef	450g (1lb)
Diced Carrot & Swede	450g (1lb)
Large Onion	1
Potatoes	450g (1lb)
Tomato Puree	2 tablespoons
Water	565g (1 pint)
2 nd portion of water	200ml
Slow Comfortable Stew Sauce Mix	75g

Method

1. Heat a teaspoon of cooking oil in a pan, add the onions and thinly sliced beef strips and fry for 5 mins until browned.
2. Add potatoes, carrot and swede, 565ml (1 pint) of water and tomato puree, stir and cook for 30 mins until meat and vegetables are tender.
3. Mix the Stew Sauce sachet with an EXTRA 200ml of water, add to the pan and stir.
4. Bring to the boil then reduce heat and simmer for 10 minutes stirring occasionally.

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