

## Traditional Beef and Vegetable Stew

There is little more comforting than a bowl of steaming beef stew to come home to when the weather is wintry. A little preparation then into the slow cooker and the dish can bubble away with the beef becoming meltingly tender, and the house filling with seductive savoury smells.

Ingredients Serves 4

750g Ardross Grass-fed Stewing Steak  
Two medium onions, halved then sliced into thin half moons  
2 stalks celery, sliced  
2 large carrots, sliced  
400 g turnip, diced  
2 medium potatoes, peeled and diced  
200ml dark ale or stout  
300ml good beef stock  
2 tsp dark brown sugar or black treacle  
1 tbsp Worcestershire sauce  
2 tbsp oil for frying  
2 tbsp cornflour  
1 bay leaf  
1 stalk fresh thyme

### Method

Spread out the beef on a dinner plate and season well with salt and pepper. Dust over the 2 tablespoons of cornflour, turning the beef to coat it well.

Heat the oil in a heavy-based frying pan and soften the onions and celery for 2-3 minutes. Add the beef in batches and fry until browned and the edges are beginning to darken.

Reduce the heat slightly, and pour in the ale and stock. Heat through, scraping to get all the flavoursome bits off the bottom of the pan.

Place in a slow cooker with the carrots, turnip and potatoes, and add in the sugar or treacle, Worcestershire sauce, bay leaf and thyme. Cook on low for 8-9 hours.

Alternatively, cook in the oven on a low heat – Gas Mark 2, 150°C for 3 hours.