

East West Bake TV Show – Episode 1 BEEF CASSEROLE WITH POTATO



Beef casserole with potato topping (Chef Brian) Ep 1

Serves 2

Ingredients:

350 G Beef shin
50 G Onion white, half a small one
50 G Carrot fresh, about 1 medium carrot 50 Ml Oil vegetable
50 G Flour plain
1 Tbsp Tomato puree
500 Ea Stock beef
10 Ml Worcestershire sauce
2 Spg Thyme fresh
5 G Salt and pepper
2 Med Potato fresh
100 G Butter

Method:

Pre-heat the oven to 170C/gas 4. Dice the onions and carrots into 2cm pieces.

Recipe Details

Heat the vegetable oil in a pan and add the onions cooking until they soften, then add the carrots and brown them lightly with the onions. Remove with a slotted spoon and set aside in a bowl.

Dice the shin & pass the shin through the seasoned flour then shake off the excess , if needed add a bit more oil to the pan then add the meat browning gently. Finally return the carrot & onion to the pan.

Add the tomato puree and combine then add a ladle full of the stock bring to the boil each time until all the stock is incorporated. Season lightly and check the taste.

Cover with foil or a lid and place in the oven, then cook for 40 minutes. In the meantime peel & thinly slice the potatoes & melt the butter.

Remove the lid from the meat , skim if necessary then check the seasoning and the progress of the meat (it should be heading towards tender). Add a little more stock or water if needed to adjust the consistency. Decant the casserole into an ovenproof dish, stirring to help release some of the heat.

Pass the potatoes through the melted butter, shake off the excess & place on top of the meat overlapping as you go. Cover with foil & place a plate on the top to gently press down the potatoes. Place back into the oven for 15 minutes then remove the foil & cook for around another 15 minutes until the potatoes are crispy.

The beer should be a 'hearty' beer such as a good bitter, ale or stout. Locally, carefully made beers tend to add character and body.

You can either keep the vegetables in the sauce and serve them or put the sauce through a blender to make a thicker gravy.

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