

# Slow cooked Beef Stew

**Serves 4    Calories 520 per serving**

- Olive oil for frying
  - 3 small onions, each cut into 8 wedges
  - 4 carrots, sliced into thick rounds
  - 2 celery sticks, roughly sliced
  - 200g chestnut mushrooms, halved
  - 3 garlic cloves, sliced
  - 1.5kg British braising steak, cut into chunks
  - 4 tbsp plain flour
  - 1 tsp English mustard powder
  - 4 tbsp tomato purée
  - 330ml brown ale
  - 4 Oxo beef stock cubes, dissolved in 800ml boiling water
  - ½ tsp Worcestershire sauce
  - 4 bay leaves
1. Heat the oven to 140°C/120°C fan/gas 1. Heat a glug of oil in a casserole (one with a lid) over a medium heat. Add the onions, carrots and celery and fry for 8-10 minutes until softened. Add the mushrooms and garlic and fry for 4 minutes more, stirring occasionally.
  2. Meanwhile, heat a glug of oil in a frying pan over a medium-high heat. In a bowl, toss the beef with the flour, mustard powder and salt and pepper. Brown the beef in 2-3 batches, then add to the casserole with the tomato purée and ale. Stir well and bubble over a high heat for 2-3 minutes. Pour in the stock and Worcestershire sauce and add the bay leaves. Bring to the boil, cover, put in the oven and cook for 4½-5 hours.
  3. Check the beef is tender (it should fall apart easily when prodded with a fork) taste and season with salt and pepper. Serve with seasonal potatoes.