

January 2010

**Toddy McMahon's
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Free Recipe of the Month

Beef & Barley Casserole

Ingredients:

- 1 tablespoon sunflower oil
 - 1 1/2 lb cubed stewing steak
 - 1 onion
 - 2 carrots
 - 1/2 a turnip
 - 1 parsnip
 - 2 celery sticks
 - 1 tablespoon tomato puree
 - 1 tablespoon Worcestershire sauce
 - 30g pearl barley
 - 850 ml beef stock
- Serve with steamed or boiled potatoes.

A note from Cleansheets:

This is a simple recipe for beef casserole, it has a long cooking time but as it cooks in the oven it leaves you free to do something else and makes the meat really tender. The preparation is straight forward too, so you get a delicious warming comforting meal for relatively little effort, it's a one pot dish so washing up is reduced too—try it!

You will need an oven proof casserole dish.

If you decide to double this recipe for more people you should brown the meat in 2 or more batches and set aside, while you brown the remainder.

Serves: 4 hungry adults

Great dish to freeze or simply reheat the next day.
(Ensure reheated food is piping hot throughout)

Time: 2 hours

Method:

1. Prepare the vegetables first. Peel the carrots and parsnip cut into chunks about 2 cm long, peel and dice the turnip into 1.5 cm pieces. Peel the onion and slice it. Wash and cut the celery into chunks. If there are brown tough bits on the outside of the celery these are really easily removed with a swivel vegetable peeler. Set the veg aside.
2. Pre heat the oven to 180° C.
3. Heat the oil in the oven proof casserole on the hob and add the cubed beef. Fry quickly, stirring to ensure that each piece is browned on all sides.
4. Stir in the vegetables covering them in the juices of the meat, fry for 3-4 more minutes.
5. Add the tomato puree, Worcestershire sauce, pearl barley and season the mixture with salt and pepper.
6. Add the stock and stir, bring the casserole to the boil. When the sauce is bubbling nicely put the lid on and place in the oven for 1 1/2 to 2 hours.
7. Prepare and cook the potatoes to be ready at the same time as the casserole and do something nice in the knowledge that dinner is looking after itself!
8. When serving, break up the potatoes a little on each plate and pour over the stew ensuring each portion includes a variety of vegetables and meat and plenty of sauce.

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We wish all our customers a happy healthy and delicious 2010!

It is definitely stew and casserole season, warming and nutritious—perfect for a winters day. Most are easily frozen or reheated the next day so you can cook once and eat twice, always a bonus!

Our cubed beef is perfect for this recipe saving you time and effort, as we have chopped and trimmed it for you.

Don't forget that we have cubed lamb and pork available too, for other one pot wonders including curries.

If you're pushed for time sample some of the sauces we have in store, to help you get dinner on the table a little quicker.

Of course we are happy to help you in anyway we can with cuts prepared for specific recipes—Just ask!

Happy Cooking from all at Toddy's

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Happy New Year to all our readers and recipe users!

I hope your Christmas Cooking went well and that the December sheet helped in some way.

This time last year I made the first New Years resolution that I ever kept for a whole year! I started menu planning. It cut down on shopping trips and meant we resorted less to convenience foods and take away's - cheaper and healthier.

There are more details on how I went about it on the cleansheets website along with a template you can print to help you get started. I don't manage to plan for a whole week in advance but it is great not to have to decide what's for dinner every single day.

As usual, I am delighted to hear from you so get in touch if there's something you'd like to see on the sheets or the website.

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