

January 2010



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.

Free Recipe of the Month

Beef & Barley Casserole

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 coating 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.



Everything you need in the kitchen and more...
27 Lower Castle Street
Tralee, Co Kerry
066 7119958

Utensils sale is now on, there are reductions on a variety of stock.

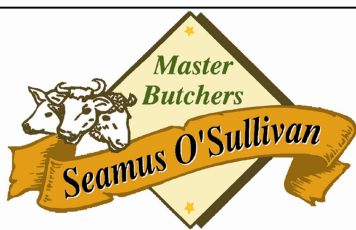
It's a great opportunity to invest in **quality knives & saucepans** as there is **20% off** them.

Looked after properly, good saucepans and knives will make easy work of many kitchen tasks and give you a lifetime of service.

Pop in—you never know what you might find.

www.utensils.ie is up and running
have a browse online and tell your cooking friends!

Buy an extra swivel peeler or two and get some help from the children, quite young children are well able to peel a carrot or parsnip, they may be slow and will need to be supervised, but it may make it easier to persuade them to eat the veg they peeled and the dinner they have been involved in! An extra peeler will mean you can crack on with the task on hand while they gain some cooking experience.



**Manor, Tralee,
Co Kerry**
066 7126225
www.sulmeat.com

Our diced stewing steak takes a lot of work out of making this casserole for the cook. Make sure you save yourself even more work by using diced pork and lamb, ideal for warming winter stews and casseroles of all kinds.

For a quick solution pick up a sachet or sauce from our wide range in store.

Bargains of the Week for January

From Monday 4th January
Lean rib beef mince
99c per lb

From Monday 11th January
Fresh Irish Chicken Fillets
99c each

From Monday 18th January
Irish Sirloin Steak
Half Price
€4.49 per lb

From Monday 25th January
Irish Chicken Marylands
& Chicken Kievs
Half Price
99c each

Horan's
Fruit and Vegetables
&
Health Food Stores



Manor
Rock Street
Horan Centre
Russell Street
066 7123070

This time of year is always hard on the lips and skin so take extra good care of yours with the all natural and fantastically effective Burt's Bees products. The lip balm is Cleansheets absolute favourite and their Coconut Foot Crème will restore even the most neglected feet—it's never too early to start preparing them for sandal season—even if it seems very far off now!



Our thoughts are inevitably focussed on healthy eating after the season of indulgence & you can't beat a variety of fruit & veg to boost your immune system, increase your fibre intake and of course most are low in calories too. A fruit salad with some exotic additions is a real treat and you deserve it. Take a little time to prepare it & you'll eat more fruit without even noticing. It's refreshing start to the day or delicious dessert.



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www.cleansheets.ie

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 aways - 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.

www.cleansheets.ie
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