

HOW TO MASTER THE CASSEROLE



DICED BEEF



10 MINS



2 HRS

SERVES 4

1kg gravy beef or your favourite cut of beef suitable for slow cooking cut into 3cm pieces

2 tbsp olive oil

1 large brown onion, thinly sliced

2 medium carrots, peeled, sliced

2 celery stalks, sliced

2 tbsp plain flour

500ml beef stock

400g can diced tomatoes

1 tbsp Worcestershire sauce

120g baby spinach leaves

Flat leaf parsley to garnish

Mash and green beans to serve.

CASSEROLE ALTERNATIVES

Once you know the basics, you can switch ingredients to make a huge variety of casseroles, curries and stews.



INDIAN BEEF CASSEROLE



JAPANESE BEEF CASSEROLE



MEDITERRANEAN BEEF CASSEROLE



MEXICAN BEEF CASSEROLE

1. Preheat the oven to 180°C (160° fan-forced). Place beef in a large snap lock bag or dish, add half the oil, season and mix well.



2. Heat a large ovenproof casserole dish over medium-high heat. Brown the beef in 2 or 3 batches, setting beef aside on a plate.



3. Reduce heat to medium and add remaining oil. Add onion, carrot and celery, cook, stirring, for 4-5 minutes.



4. Sprinkle in flour and stir until vegetables are coated. Gradually pour in stock stirring well. Return beef to the pan with any juices and add tomatoes and Worcestershire sauce, stirring until the mixture boils.



5. Cover casserole dish, place in oven and cook until beef is very tender (2-2½ hours), stirring occasionally, adding extra stock or water if necessary. Remove from oven, stir in baby spinach leaves and set aside, covered, for 2 minutes.

TIPS

Serve beef with mash and green beans, sprinkle with parsley.

For full recipes head over to australianbeef.com.au/casseroles