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THE WORLD'S FINEST RANGE COOKERS

## Spiced Beef Casserole by David Pengelly

### Ingredients

1 Tbsp. oil  
900g (2 lb.) Braising steak, cut into pieces  
2 Large onions, chopped  
1 Tbsp. Dijon mustard  
2 Tsp. Curry powder  
2 Tbsp. Worcester sauce  
2 Tbsp. Tomato puree  
25g (1 oz.) Plain flour  
300ml Beef stock  
Seasoning  
450g (1 lb.) Chantenay carrots

### Method

- Heat the oil in a casserole and brown the meat. Remove the meat from the pan then add the onion and cook for a few minutes.
- Mix the mustard, curry powder, flour, tomato puree and Worcester sauce in a small bowl, add a little stock and blend together.
- Add the remaining stock to the onion and bring to the boil, whisk in the flour mix to form a smooth sauce. Return the meat to the pan and season well. Bring to the boil, cover and cook in the AGA simmer / Everhot lower oven (110°C – 120°C) for 2-3 hrs until tender.
- While the casserole is cooking bring the carrots to the boil and steam in the AGA simmer / Everhot lower oven (110°C – 120°C) for 30 minutes until tender. Stir into the casserole and serve.