

Beef & Orange Stew

Serves 2-3

Preparation Time: 10 mins

Cooking Time: 1 hr 45 mins

The flavour combination is definitely not common but well worth a try if you are tired of other run-of-the-mill beef stews.

Ingredients

- ❖ 15ml (1 tbsp) corn flour/corn starch
- ❖ 500g (1 lb) braising beef, trimmed and cut into small cubes
- ❖ 1 medium onion, peeled and sliced
- ❖ 15ml (1 tbsp) vegetable oil
- ❖ 1 orange, grated rind and juice
- ❖ 15ml (1 tbsp) soy sauce or Tamari
- ❖ few sprigs of fresh thyme leaves

Directions

1. Put the corn flour into a paper bag. Season with salt and pepper, then add the meat cubes and toss to coat.
2. Fry the onion in the oil until soft.
3. Add the meat and fry while turning to seal, until evenly browned.
4. Transfer to a flameproof casserole with a lid. Stir in the orange rind, orange juice, thyme and soy sauce.
5. Top up with water, bring to the boil and put on the lid.
6. Bake in a preheated oven at 170°C/fan150°C/325°F/gas mark 3 for about 1½ hours. Serve hot.

Serving Suggestion

Serve with baked jacket potatoes and green vegetables.

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