

Scouse

INGREDIENTS

Serves 4-6 people

Half a Pound of Stewing Steak
Half a Pound of shoulder of Lamb (or a cheap cut)
A Large Onion
1lb of Carrots
5lb of Potatoes
Several sticks of celery
2 Oxo Cubes
2 Teaspoons of Vegetable Oil
Worcester Sauce
Salt and Pepper
Water

HOW TO COOK

Takes 4 hours of slow cooking

Cut the meat into large cubes and fry in the vegetable oil until lightly browned all over. You may wish to add some Worcester Sauce at this point for added flavour.

Transfer the meat to a large saucepan and add the onion that should have been chopped into large chunks. Follow this by chopping the carrot into medallions and place this on the meat. Peel and then Finely dice 1lb of the potatoes and place on top of the carrots.

Fill the pan with cold water until it is half full. Break up the Oxo cubes and sprinkle into the water. Add salt and pepper for seasoning. Let the pan simmer gently, stirring occasionally. The large pieces of onion will start to break up and the potato will become soft and will make the final sauce thick.

Simmer for a total of two hours, then add the remaining potatoes that should have been peeled and roughly chopped, along with a few splashes of Worcester Sauce. Then simmer for another two hours.

Serve piping hot with red cabbage, beetroot, pickled onions and crusty bread. You may add Ketchup and HP for flavouring.