Scouse

Ingredient	10 Portions	50 Portions	100 Portions
Diced beef	400g	2kg	4kg
Onion – Diced	200g	1kg	2kg
Carrot – Peeled and diced	200g	1kg	2kg
Swede – Peeled and diced	200g	1kg	2kg
Potato – Peeled and diced	200g	1kg	2kg
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste
Gravy Granules	As required	As required	As required
Olive Oil	For frying	For frying	For frying
Garlic	1 clove	2 cloves	4 cloves
Mixed herbs	pinch	1 tbsp	2 tbsp

Key Points

This dish benefits from a long cook so if you can prepare the vegetables the day before so that you can start the cooking process as soon as possible.

Method

1. In a large heavy bottomed frying pan add enough olive oil for frying
2. Heat the pan until smoking then add the diced steak and season with salt, pepper and mixed herbs
3. Cook until well browned
4. Add diced onion and garlic and cook for further 5 minutes stirring regularly, turn down the heat to medium and allow to cook for at least 10 minutes
5. Add enough water to completely cover the meat, bring it to the boil and SIMMER for AT LEAST 3 hours
6. After 3 hours add the diced carrot, swede and potato and top up with enough water just cover all ingredients
7. Bring the pan to the boil and SIMMER for 40 minutes, until the vegetables are tender but not over cooked
8. Adjust the seasoning
9. IF REQUIRED to add thickness to the sauce, follow the manufacturer's instructions for the gravy granules
10. Bake in the oven at 190˚C for 15 minutes or until well risen and browned on the top

Allergens None