



Ingredients:

Beef

Flour, Seasoning of Choice.

Onion, Carrot, Celery, Rosemary, Garlic, Potatoes and Tomato Paste.

Wine and Beef stock.

Samp (Soaked overnight), Cream, Butter, Aromat, chicken stock and Chives

Method:

Stew

In a mixing bowl add 2 tspn flour, Seasoning and rosemary. Add your meat to this and coat it thoroughly. In pot brown your meat then transfer to the slow cooker. Add onion, Carrot, Celery, Garlic and tomato paste. Mix thoroughly and add a cup and a half of Red wine. Add Beef stock ensuring liquid is above meat and potatoes. Slow cook until meat is tender. If using an Oven, once all the liquids are in, move your pot into the oven cover and cook until meat is tender.

Samp

Boil Samp in chicken stock until done. I prefer mine almost mushy. Once done season with Aromat, add butter and chives, gradually add in cream until you reach your desired creaminess.

(Or use your favourite way or making creamy Samp)

Serve in a bowl or plate, spoon your beef stew on the side or on top and enjoy.

Filling, hearty and delicious.

Don't forget to get in touch and share your favourite recipe.