

SLOW COOKER MEAL

Ingredients Serves approximately 6

NB Slow Cooker and ingredients marked * supplied in your kitchen

500 g BEEF, VEAL, LAMB OR PORK cubed

Beef or Veal- either Chuck, Round, Blade, Topside, Silverside, Skirt or Shin (gravy) beef ,
Lamb or PORK -either boneless Shoulder or Forequarter, Leg, neck Chops or Lamb Shanks

1/4 cup plain flour *

1/2 tsp salt *

1/2 tsp pepper *

1 1/2 cups beef stock (liquid) or wine

1 tsp Worcestershire sauce (optional)

1-2 tablespoons Rathmore relish or chutney*

0-5 garlic cloves

0-1 bay leaf

0-3 potatoes medium diced

0-4 carrots sliced

1 onion chopped

Optional – fresh or canned tomatoes or tomato paste and/or 250g mushrooms or other vegetable

Method

STEP 1 Cut meat into 2.5 cm cubes. Combine flour, salt and pepper.

STEP 2 Coat meat in seasoned flour. (Alternatively leave out flour & thicken if wished for last 30 minutes adding cornflour mixed in a little water or gravox)

STEP 3 Add remaining ingredients and mix well.

STEP 4 Cover and cook for 12 hours on low, or 4-6 hours on high.

STEP 5 Stir before serving with rice, pasta, couscous, potato or other vegetable and CRUSTY BREAD.

Garnish with Rathmore's fresh chopped herbs*

DO NOT OVERFILL THE POT, DON'T ADD TOO MUCH LIQUID & KEEP THE LID ON throughout cooking.