



Spiced Beef & Orange Casserole

 Serves 4  EASY



Ingredients

- 675 g (1 1/2 lbs) stewing steak - cubed
- 175 g (6 oz) button mushrooms
- 2 tbs oil
- 40 g (1 1/2 oz) plain flour
- 300 ml (1/2 pint) unsweetened orange juice
- 300 ml (1/2 pint) beef stock
- 2 tsp white wine vinegar
- 2 tsp soft brown sugar
- 1/2 tsp Cinnamon Ground
- 1 Bouquet Garni
- Zest of half an orange
- 1/4 tsp Ground White Pepper
- 1/4 tsp salt
- A few strips of blanched orange peel - to garnish

Method

STEP 1

Pre-heat the oven to 180°C, 350°F, Gas Mark 4.

STEP 2

Gently fry the meat and mushrooms in the oil until the meat is browned. Add the flour and cook for 1 minute, stirring continuously. Gradually blend in the orange juice and stock. Stir in the remaining ingredients and bring to the boil.

STEP 3

Transfer to a casserole dish, cover and cook for 2 hours until the meat is tender. Remove the Bouquet Garni. Sprinkle with the orange peel to garnish.