



PEPPERPOT BEEF

What are the ingredients?...

2 lb (900g) topside of beef cut into 6 slices
1 oz (28g) plain flour
½ teaspoon ground ginger,
Salt and pepper
A little cooking oil

Sauce

1 teaspoon chilli sauce
8 oz (226g) can of chopped tomatoes
1 tablespoon Worcester sauce
2 tablespoon wine vinegar (red or white)
2 level tablespoons soft brown sugar
2 cloves of garlic crushed
1 Bay leaf
4oz (113g) button mushrooms

How do I make it?...

1. Mix flour, ginger and salt and pepper, use to coat the beef slices
2. Heat oil in frying pan and seal meat on both sides
3. Drain on kitchen paper then put into a casserole dish
4. Combine all the ingredients for the sauce (omitting the mushrooms) and pour over the meat
5. Cover and cook for 2 hours at gas mark 3, 160 degrees C
6. Add the mushrooms 15 minutes before the end

Remove the Bay leaf, check the seasoning and serve.