

### WEST COUNTRY BEEF & LOCAL ALE CASSEROLE

*Time to make a winter warmer! This easy one pot dish uses quality seasonal produce.*

*Serves 4. All ingredients available at Johns.*

*500g Devon Ruby beef stewing steak  
500ml Dark Night ale  
2 large onions peeled & roughly chopped  
2 carrots peeled & sliced  
400g can chopped tomatoes  
3 tbs olive oil  
2 dried bay leaves  
2 sprigs fresh thyme  
1 tbsp plain flour  
Salt and freshly ground black pepper*

- Pre heat oven if using to 180°C/350°F/GM 4.*
- Heat the oil in a large casserole pan over a medium heat. Add the onions, carrots, bay leaves & thyme, frying for 5 mins until softened but not browned.*
- Add the beef & flour and cook for 3 minutes.*
- Add the tomatoes & ale, season with salt and pepper & bring to the boil. Reduce the heat to a simmer & cook for 3 hours on the hob or in the oven.*
- When the beef is tender, taste & season as required. Remove the bay leaves, serve & enjoy!*

*Serving suggestions: On its own or with dumplings, mashed potato or seasonal veg*