

Here is a recipe for the diced stew:

1. Preheat the oven to 120°C.
2. Place the diced beef, carrots, potatoes, and onion in a bowl.
3. Season with salt and pepper.
4. Add the flour and mix until coated.
5. Heat some oil in a large saucepan over medium heat.
6. Add the beef mixture and cook until browned.
7. Add the beef stock and bring to a boil.
8. Reduce the heat to low and simmer for 5 minutes.
9. Transfer the mixture to a baking dish.
10. Cover with foil and bake for 1 hour.
11. Remove the foil and bake for another 30 minutes.
12. Serve the stew hot.