**Beef Stew**

All measurements are rough so feel free so adjust by preference

Ingredients:

* Stewing beef – seasoned before browning
* 4 Carrots chopped
* 1 Onion diced – salted to stop them burning in pan
* 2 Cloves of garlic minced
* 2 celery stalks diced
* 2 beef stock pots
* 700ml water
* 1 tsp Dijon mustard
* Rapeseed oil – this is just preference but any oil would be work
* 1 tsp Worchester sauce
* Dried herbs – mixed herbs, sage, tarragon & bay leaves
* 1/2 tbsp Tomato purée
* Honey/Golden Syrup – just a small drop to remove tart from tomatoes
* Red/white wine vinegar
* 2 tsp Corn flour to thicken
* \*Baby Potatoes – I threw a few in (peeled & cut in half) just to use them up, optional if serving with mash

Cooking in the slow cooker on high for 4/5 hours – if you don’t have one use a heavy based pot on low

1. In a large frying pan heat a splash of rapeseed oil on medium heat
2. Add onions, garlic & celery until they soften (3 mis)
3. Add in the carrots (3 mins)
4. Add tomato purée, honey, Worchester sauce, mixed herbs (I never measure but about 1/4 tsp), pepper.
5. Stir together until all veg is coated & then add to slow cooker/pot.
6. Add 700ml of water, mustard, stock, sage & tarragon (1/4 tsp of each) bay leaves to pot
7. In the same frying pan, heat a splash of oil on high & brown the beef in batches. Add each batch to the pot
8. Deglaze the pan with a splash of red wine vinegar.
9. \*if using baby potatoes – add them to the pan until a little browned on edges & then add to pot
10. Stir slow cooker/pot & make sure everything is covered with the stock, if it isn’t then add in a little extra water.
11. About half way through cooking time mix corn flour into a small amount of stock to thicken & stir into the pot
12. If using a pot – cover & leave on low heat. Or slow cooker on high for 4/5 hours. Cook until meat is tender & separates easily.

Serve with a creamy mash with chives