

Recipes

Brad Hall

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Ingredients

- 2.4lb chuck beef (cut into 3.5 cm/1.5" cubes)
- 1 tsp each salt and pepper
- 3 tbsp olive oil (divided)
- 1 large onion (cut finely)
- 4 garlic cloves (minced)
- 3 carrots (cut into 2.5 cm/1" pieces)
- 2 celery stalks (cut into 2.5 cm/1" pieces)
- 1/3 cup flour
- 5 cups beef broth
- 2 tsp Worcestershire sauce
- 2 tbsp tomato paste
- 400 g/14 oz baby potatoes (halved or quartered)
- More salt and pepper (to taste)



Instructions

1. Sprinkle beef with salt and pepper.
2. Heat 1 1/2 tbsp oil in a large, heavy based casserole pot over high heat until just starting to smoke.
3. Add 1/3 of the beef and brown aggressively all over - about 4 minutes. Remove to bowl, repeat with remaining beef, adding more oil if required.
4. Turn down heat to medium high. Add 1 tbsp oil if required. Add onion and garlic, cook for 2 minutes until onion is softened slightly and golden on the edge.
5. Add carrot and celery, stir for 1 minute to coat in flavours.
6. Sprinkle flour evenly across surface, then stir to coat.
7. Add broth, tomato paste and Worcestershire sauce. Stir to dissolve tomato paste and flour into liquid.
8. Add cooked beef (including any juices) and potato. Stir. Water level should almost fully cover everything, if not, add a touch of water.
9. Bring to simmer, then adjust heat to low/medium low so it's simmering gently.
10. Cover and cook for 1 hour 45 minutes or until beef is pretty tender (check with 2 forks at 1.5 hrs).
11. Remove lid and simmer for further 30 minutes or until sauce reduces slightly. It should be like a thin gravy and beef should now be very tender.
12. Season to taste with salt and pepper.
13. Serve over creamy mashed potato.

Prep time: 10 min

Meatloaf

Cook time: 1 hr

Ingredients

- 1 1/2 lb ground beef
- 1 egg
- 1 onion (chopped)
- 1 cup milk
- 1 cup dried bread crumbs
- salt and pepper
- 2 tbsp brown sugar
- 2 tbsp prepared mustard
- 1/3 cup ketchup



Instructions

1. Preheat oven to 350°F.
2. In a large bowl, combine the beef, egg, onion, milk and bread crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan (or form into a loaf and place in a lightly greased 9x13 inch baking dish).
3. In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
4. Bake at 350°F for 1 hour.