

Brown beef stew (*ragoût de boeuf*)

Cal
907 KJ

Cal
216 kcal

Fat
11.0 g

Sat Fat
2.9 g

Carb
7.7 g

Sugar
2.5 g

Protein
21.9 g

Fibre
1.0 g

*

	4 portions	10 portions
prepared stewing beef	400 g	1¼ kg
dripping or oil	25 g	60 g
onions	75 g	180 g
carrots	75 g	180 g
flour (white or wholemeal)	25 g	60 g
tomato purée	1 tbsp	2½ tbsp
brown stock	750 ml	2¼ litre
bouquet garni		
clove of garlic (optional)	1	2
salt, pepper		
parsley, chopped		

- 1 Remove excess sinew and fat from the beef.
- 2 Cut into 2 cm pieces.
- 3 Fry quickly in hot fat until lightly browned.
- 4 Add the roughly cut onion and carrot, and continue frying to a golden colour.
- 5 Add the flour and mix in; singe in the oven or brown on top of the stove for a few minutes, or use previously browned flour.
- 6 Add the tomato purée and stir in with a wooden spoon.
- 7 Mix in the stock, bring to the boil and skim.
- 8 Add the bouquet garni and garlic (if required), season and cover with a lid; simmer gently until cooked, preferably in the oven, for approximately 1½–2 hours.

- 9 When cooked place the meat into a clean pan.
- 10 Correct the seasoning of the sauce and pass on to the meat.
- 11 Serve with chopped parsley sprinkled on top of the meat.



HEALTHY EATING TIP

- Trim as much fat as possible from the raw beef and fry in a small amount of an unsaturated oil.
- Keep added salt to a minimum.
- Add a cooked pulse bean, a jacket potato and green vegetables to proportionally reduce the overall fat content.

Variations

Variations include:

- add a cooked pulse bean (e.g. butter, haricot, flageolet)
- add lightly sautéed mushrooms, wild or cultivated, once sauce is strained
- glazed vegetables can be added as a garnish.

* Using sunflower oil