Try your hand at high-hat stew : everyday ingredients make this "different" dish / Bovril.

Contributors

Bovril Limited.

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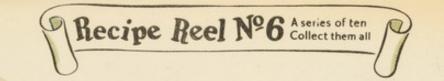
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Try your hand at **High-Hat Stew**

Everyday Ingredients make this "different" dish

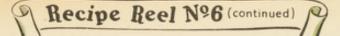
FOR THE STEW

11b. of lean Beef

1 Onion 2 Carrots 2 Tablespoons of Dripping 1 Tablespoon of Bovril Salt and Pepper to taste FOR THE CRUST 4 ozs. self-raising Flour 2 ozs. Suet 'ź Teaspoonful Salt 3 2 FIVE MINUTES **1** GETTING THINGS IN THE FRYING PAN READY Cut the meat Tasty stews always into inch squares have their beginnings and roll lightly in the frying Pan. in flour. Melt the dripping Chop up the and lightly brown onion and scrape the meat and the and dice the chopped onion over a quick heat.

ESSENTIAL-A tight-fitting lid. Use a casserole or saucepan with close-fitting lid for this stewthe steam must stay in to cook the crust.







Sift the flour and salt and mix with the chopped or shredded suet. Add enough cold water to make a stiff paste. Roll out about one inch thick to the size of the pan. Place crust on the stew, first making sure that there is plenty of liquid. Add boiling water if necessary. Now cover tightly.

Increase the heat under the stew pan, so that it boils gently Keep just above boiling point for 30 to 40 minutes, without lifting the lid.

Curb your

Curiosity-

leave the cover on

As nice as Meat Pie – As nourishing as Meat Pudding – Easier than either!

Wrap the casserole in a napkin and serve direct from the dish. Or cut the crust in wedge-shaped pieces and arrange round a platter, with the stew in the centre. Tastiness is the first essential of any stew—so never forget to stir in a little Bovril. That's the way to make it really savoury and delicious. Extra nourishing too.

BOVRIL the power of Beef

Bovril, Old St., London,