

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

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# Try your hand at High-Hat Stew

Everyday Ingredients make this "different" dish



**FOR THE STEW**  
1lb. 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   ½ Teaspoonful Salt

## 1 GETTING THINGS READY



## 2 FIVE MINUTES IN THE FRYING PAN



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

**4** Place the meat and onion with the diced carrots in your casserole. Add Bovril and seasoning and cover with cold water. Bring to the boil, reduce the heat and let simmer for about 1½ hours.





## Recipe Reel No 6 (continued)



5

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.

6

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,

