

Neapolitan beef / Meat & Livestock Commission.

Contributors

Great Britain. Meat and Livestock Commission.

Publication/Creation

Milton Keynes : Meat & Livestock Commission, [1994]

Persistent URL

<https://wellcomecollection.org/works/nb98sj4>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

The Recipe
FOR *Love*

NEAPOLITAN
BEEF

Collection



Newport Butcher
April 1974

BRITISH
MEAT

Beef

N° 7

Neapolitan Beef

Cooking time: Approximately 2 hours
Temperature: Gas mark 3, 170°C, 325°F

Ingredients (to serve 4):

675g (1½ lb) British braising steak, cubed
1 x 15ml sp (1tbsp) oil
2 onions, chopped
1 clove garlic, crushed
397g (14oz) can chopped tomatoes
300ml (½ pt) red wine *or* stock
2 x 15ml sp (2tbsp) fresh herbs, chopped
or 1 x 15ml sp (1tbsp) dried mixed herbs
1 x 15ml sp (1tbsp) tomato ketchup
Salt and black pepper
1 red pepper, seeded and cubed
1 courgette, sliced
1 small aubergine, cut into chunks

Method

Heat the oil in an ovenproof casserole.
Add onions and garlic and cook until softened.
Add the beef and cook until browned.
Add the tomatoes, wine *or* stock, herbs, ketchup
and seasoning. Bring to the boil.
Cover and cook in a preheated oven
for 1½ hours.
Remove from the oven and stir in the pepper,
courgette and aubergine.
Cover and return to the oven for a further 30 minutes,
stirring halfway.
Serve with pasta shells.

Meat and Livestock Commission, Milton Keynes MK6 1AX.

BRITISH
MEAT

Beef

1996