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Contributors

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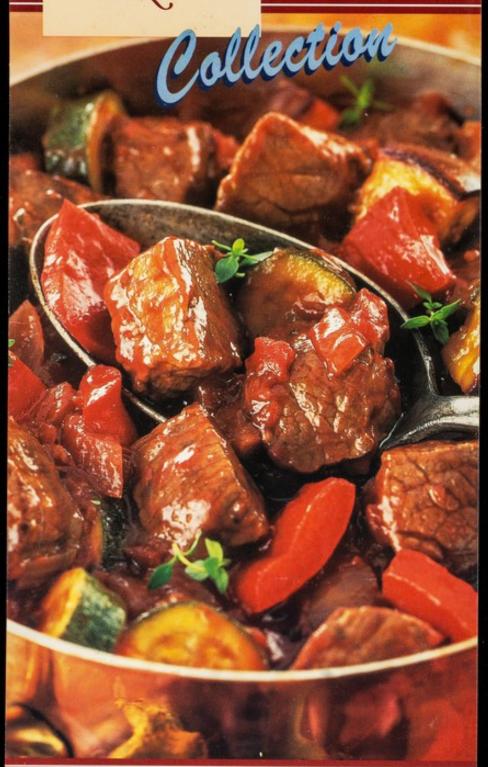
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The Recipe

NEAPOLITAN BEEF



Now post Britishes April 1974 BRITISH MEAT Beef

Neapolitan Beef

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

Ingredients (to serve 4):

675g (1½lb) British braising steak, cubed
1 x 15ml sp (1tbsp) oil
2 onions, chopped
1 clove garlic, crushed
397g (14oz) can chopped tomatoes
300ml (½pt) 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 11/2 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.

