

Casseroles for Winter / Meat & Livestock Commission.

Contributors

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The **Recipe**
FOR *Love*

CASSEROLES
for WINTER

Collection



Italian Style Lamb Casserole

Meat and Livestock Commission, Milton Keynes MK6 1AX.



Italian Style Lamb Casserole

Cooking Time: Approx 2 hours. Temp: Gas mark 3, 170°C, 325°F

Ingredients (to serve 4):

450g (1lb) lean British lamb, cut into 1.25cm (1/2") cubes; 2 x 15ml sp (2tbsp) plain flour, seasoned with salt & black pepper; 1 x 15ml sp (1tbsp) sunflower oil; 2 red onions, cut into wedges; 2 courgettes, cut into wedges; 2 leeks, cut into wedges; 397g (14oz) can chopped tomatoes; 300ml (1/2 pint) stock; 1 x 5ml sp (1tsp) dried rosemary; 1 x 5ml sp (1tsp) sugar; 100g (4oz) button mushrooms

Topping: 1 herb focaccia, cut into triangles.

Method

Coat lamb in seasoned flour. Heat the oil in a casserole and brown the lamb.

Add the onions, courgettes, leeks, tomatoes, stock, rosemary and sugar.

Bring to the boil, cover and cook in a preheated oven for 1 1/2 hours.

Remove lid. Stir in mushrooms and top with focaccia triangles.

Return to the oven for a further 25-30 minutes until focaccia is golden.

Pork and Cider Pot with Potato and Apple Rosti



Cooking Time: Approx 2 hours
Temp: Gas mark 3, 170°C, 325°F

Ingredients (to serve 4):

450g (1lb) lean British pork, cut into 1.25cm (1/2") cubes; 2 x 15ml sp (2tbsp) plain flour, seasoned with salt & black pepper; 1 x 15ml sp (1tbsp) sunflower oil; 225g (8oz) baby onions, peeled; 2 sticks celery, sliced; 1 green and 1 red apple, cored and sliced; 300ml (1/2 pint) sweet cider; 300ml (1/2 pint) stock; 1 x 5ml sp (1tsp) of both dried sage & dried thyme

Rosti Topping:

350g (12oz) potatoes, peeled; 175g (6oz) red apples, cored; 1 x 15ml sp (1tbsp) dried sage; 1 egg, (size 3) beaten

Method

Coat pork in seasoned flour. Heat oil in a casserole and brown the pork. Add onions, celery, apples, cider, stock and herbs. Bring to the boil, cover and cook in a pre-heated oven for 1 1/2 hours. Grate the potatoes and apples into a large bowl and squeeze out excess moisture. Stir in sage and egg and mix well. Spoon rosti mixture into a lightly greased roasting tin and bake for 20 minutes until set.

Cut rosti into rectangles; set aside. Remove casserole lid, top with rosti, return to the oven, increasing temperature to gas mark 6, 200°C, 400°F, for a further 25-30 mins until rosti are golden.

Beef and Ale Casserole with Mustard Crouton



Cooking Time: Approx 2 1/2 hours
Temp: Gas mark 3, 170°C, 325°F

Ingredients (to serve 4):

675g (1 1/2lb) lean British beef braising steak, cut into 1.25cm (1/2") cubes; 2 x 15ml sp (2tbsp) plain flour, seasoned with salt & black pepper; 1 x 15ml sp (1tbsp) sunflower oil; 1 large onion, sliced; 1 large carrot, sliced; 300ml (1/2 pint) brown ale; 300ml (1/2 pint) stock; 1 x 15ml sp (1tbsp) red wine vinegar; 1 x 15ml sp (1tbsp) brown sugar

Topping:

25g (1oz) butter or margarine
25g (1oz) wholegrain mustard
Half a French stick, sliced into 8

Method

Coat beef in seasoned flour. Heat oil in a casserole and brown the beef. Add onions and carrots. Cook for 5 minutes.

Add brown ale, stock, vinegar and sugar. Bring to the boil, cover and cook in a preheated oven for 2 1/4 hours.

Mix the butter or margarine with mustard. Thinly spread on one side of the bread.

Remove casserole lid and arrange croutons on top, mustard side up. Return to the oven for a further 15 minutes.

**BRITISH
MEAT**

*Serve all three casseroles with jacket
or new potatoes and a selection of seasonal vegetables.*

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