

Beef and Butternut Pumpkin Pot



what you need

- 750g John penny braising beef, cubed
- 2tbsp olive oil
- 1 red onion, sliced
- 1 clove garlic, crushed
- 25g plain flour
- 1tsp English mustard powder
- 500ml beef stock
- 100 ml red wine
- 4 stalks thyme
- 1 bay leaf
- 1tbsp Worcestershire sauce
- 1 small butternut pumpkin

Cooking Time: 2 hrs 20 mins

Serves: 4

how to cook

- 1 Heat the oven to Gas 4, 180°C, fan 160°C, 350°F.
- 2 In a flameproof casserole dish, heat the oil and brown the beef on the hob.
- 3 Remove the meat when browned all over.
- 4 Add the onion and garlic and cook for five minutes on a low heat.
- 5 Remove from the heat, and then add the flour and mustard powder and mix in to absorb all the oil. Slowly blend in the stock and wine, stirring until smooth.
- 6 Replace on the heat, bring to the boil and simmer for one minute.
- 7 Return the meat to the pan, along with the thyme, bay leaf and Worcestershire sauce and mix well.
- 8 Cover with a lid and cook in the oven for 1½ hours.
- 9 Cut the butternut pumpkin in half and deseed, then cut into cubes and add to the beef.
- 10 Replace the lid and cook in the oven for a further 30 minutes, then serve.

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