

# Beef Ragout



## what you need

- 450g John Penny braising steak, cubed
- 75g streaky bacon, chopped
- 300g onions, chopped
- 2 tbsp oil
- 2 tomatoes, chopped
- 1 tbsp tomato paste
- salt
- 1 tbsp flour
- 150ml red wine
- 240ml beef stock
- 1 bay leaf
- 4 white peppercorns
- 100g button mushrooms, halved
- 1 green pepper, seeded and sliced
- 1 red pepper, seeded and sliced
- 1 carrot sliced
- 2 potatoes cubed
- 2 tbsp freshly chopped parsley

**Cooking time:** 2 hrs

**Serves:** 4

## how to cook

- 1 Fry the bacon in a casserole until the fat begins to run. Add the beef and brown on all sides then add the onions and oil and cook for a further 5 minutes.
- 2 Add the tomatoes, tomato paste and salt and stir well. Sprinkle over the flour and cook, stirring, for 3 minutes then add 100ml of the wine, stock, bay leaf and peppercorns.
- 3 Cover and simmer for 50 minutes or until the meat is tender.
- 4 Add the mushrooms, capsicum, carrot and potatoes to the casserole and simmer, covered for a further 15 minutes.
- 5 Add the parsley and the rest of the red wine, raise the heat and cook for 10 minutes, uncovered. Serve hot.