

Slow cooked Silverside With Bacon And Guinness



what you need

- 1.5kg piece of John Penny silverside
- 1 tbsp olive oil
- 200g Smoked English Lardons
- 2 carrots, peeled and cut into 1cm slices
- 2 onions, peeled and thickly sliced
- 440ml can Guinness Original
- 1 tbsp Worcestershire sauce
- 2 tbsp flour, blended to a paste with cold water

Preparation time: 10 mins

Cooking time: 3 hrs 15 mins

Serves: 8

how to cook

- 1 Preheat the oven to Gas 1, 140°C, fan 120°C, 275°F.
- 2 Place a large flameproof casserole dish over a high heat and add the oil.
- 3 Season the surface of the beef, keeping the string on, and cook for 5 minutes or until browned all over. Remove and set aside.
- 4 Place the bacon in the dish and cook for 2 minutes, then add the carrot and onion. Cook for 4 minutes or until browned at the edges. Put the beef back in the dish.
- 5 Add the Guinness and Worcestershire sauce and bring to the boil. Cover and place in the oven for 2 hours.
- 6 Remove the lid and cook for a further hour, turning the meat once or twice to allow it to brown evenly.
- 7 Return the casserole dish to the hob, remove the silverside, then stir the flour paste into the juices. Bring to the boil and cook gently for 1-2 minutes.
- 8 Cut the string off the meat and carve into slices.
- 9 Serve with the gravy.