

Old English Beef Hot Pot



Serves 4.

Ingredients

- 1 pt. ale, beer, or cider
- 1 leek, chopped
- 1/2 pt. beef stock or 1 beef stock cube, dissolved in 1/2 pt. water
- Small piece turnip, peeled and chopped
- 8 oz. onions, peeled and sliced
- Salt and pepper
- 2 lb. leg or shin of beef
- Pinch of nutmeg
- 2 medium size carrots, peeled and chopped
- 1 bay leaf
- 1 strip lemon peel
- 2 oz. mushrooms, sliced
- 1 stick celery, chopped
- 1 Tbsp. chopped parsley

Method

1. Boil ale until reduced by half; add stock and boil a further 5 minutes.
2. Put a layer of onions in a large casserole, then fill about 3/4 full of meat cut into small pieces and vegetables.
3. Sprinkle each layer with a little seasoning and add nutmeg, lemon and bay leaf.
4. Add hot reduced liquid.
5. Cover tightly with foil and then put the lid on.
6. Cook in a slow oven (350 F. - Gas Mark 3) for 4 to 4 1/2 hours.
7. Before serving, sprinkle with parsley and remove bay leaf and lemon.

Courtesy of member Rena Platt, House of Lancaster Cookery Book, 1986

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