

Mrs Greenkeeper's Own Corner

with Ann Mawson

The days are getting colder, and hot meals are once again more welcome. To warm you up try this Curry Beef.

Curry Beef

1 lb. beef, 1 oz. of flour, 1 level teaspoon of salt, 1 onion, half a garlic clove, 1 apple, 1 tomato, 1 oz. dripping, 1 level tablespoon of curry powder, $\frac{1}{2}$ pint of water, rind and juice of half a lemon, 1 level teaspoon of brown sugar, 1 tablespoon of raisins.

Cut the meat in pieces. Peel and slice the onion. Peel and chop the garlic, apple and tomato. Mix flour and salt, and coat the meat with it.

Heat the dripping in a saucepan and fry the meat in it. When brown, add the vegetables, apple and tomato and fry for a few minutes longer. Pour off any excess fat. Add the curry powder and any flour left after coating the meat. Mix well and stir in the water. Add the remaining ingredients, and simmer two to three hours; the longer the better.

The amount of curry powder in this recipe gives a moderately hot curry. Vary the quantity to suit your own taste. A curry can be kept hot for a long time without spoiling. It could be made the day before and re-heated but be sure to bring it to the boil before serving. To serve 3-4 people.

Goulash

1 lb. lean beef, 1 oz. dripping, 2 onions, 2 level teaspoons paprika pepper 1 level teaspoon of salt, 2 tomatoes, a pinch of caraway seeds, $\frac{1}{4}$ pint of hot water, 1 lb. of potatoes.

Peel and slice the onions, cut the meat in cubes. Peel the potatoes and keep in cold water until needed.

Fry the meat and dripping in a saucepan until brown and add the onions. Cook for a few minutes and then add all the other ingredients except the potatoes. Cover and simmer until tender (long, slow cooking gives the best flavour). This may need a little more water during cooking. Boil the potatoes for about 20 minutes, and cut them in quarters. Add them to the Goulash for the last 10 minutes. Mix carefully. To serve 3-4 people.

Beef Casserole, with Wine

2 oz. mushrooms, salt and pepper, 1 tablespoon of red wine, $\frac{1}{2}$ pint of hot water, 2 level tablespoons of flour, 1 lb. lean beef, 3 oz. of bacon, 3 oz. of onion, 2 oz. of butter.

Cut the beef and bacon up into small pieces, peel and slice the onion, wash the mushrooms.

Melt the butter and brown the onion and bacon in it. Remove, and brown the meat. Sprinkle in the flour and brown it. Add the hot water and fried onions and bacon. Add wine, mushrooms and flavourings (be careful not to add too much salt because of the bacon). Cover and cook slowly for about $2\frac{1}{2}$ hours.

Serve with it either boiled, mashed or baked-jacket potatoes, green peas, beans or spinach. To serve 3-4 people.

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