

# Beef Hotpot

## Ingredients

- 1kg diced beef
- 100g diced frozen onion
- 150g diced carrot (2 medium)
- 50g frozen diced turnip
- 50g frozen peas
- 1 x powdered Beef Casserole Sauce
- 1 kg bag of white potato.

## Options

- You can vary the vegetables such as substitute sweetcorn for the turnip
- The powdered Peppered Beef Sauce is excellent, but far too nippy for Marion's Meals!
- Can also be topped with sliced potato instead of the mash.

## Equipment

- Sharp knife
- Potato Peeler
- Measuring Jug
- 1 Large Saucepans
- Spatula
- Whisk
- Optional – Ice-cream Scooper
- Two forks

## Preparation

### Vegetables

- Get the ingredients and equipment to hand
- Dice the onion, but it is much easier to use frozen diced onion
- Peel and dice the carrot & turnip

### Tattie Topping

- Peel, slice and wash the Potato

Slicing the potato makes it cook quicker and that's fine as we are going to mash the potato.

## Method

Brown the beef. Start by adding it to the saucepan on a medium heat with a small splash of oil. Keep stirring and working the beef until sealed.

Cover with hot water and return to a boil then simmer for 60 minutes.

We want the beef very tender so you will need to keep simmering for as much as a further 60 minutes.

Test with a fork until the beef is very tender.

It can burn very quickly so keep an eye on this. You will need to keep adding water but only just enough to cover the ingredients. You do not want too much water left after the cooking is done.

Add the onion, carrot and turnip. Don't add the peas at this time.

Return to a boil then simmer for 30 minutes.

Meanwhile, pop the sliced potato in another pot and cover with water and add a little salt.

Boil the potato until soft.

Drain thoroughly and return the potato pot to a very low heat to work off any remaining water. Use the spatula to keep the tattie moving so it does not stick. This should only take a couple of minutes. Once dry, add a splash of milk and a decent knob of butter (or two!) and mash.

Set the potato aside.

As the meat cooking process nears the end, empty the sauce packet into a measuring jug and add a little water. Ignore the instructions on the packet! Give it a good mix with a whisk or fork, until the powder is incorporated into a loose paste.

Once the beef and vegetables are cooked, add the sauce and peas to the pot.

Return to the boil then simmer for 5 minutes.

Remove from the heat and allow to cool for 5 minutes.

## Portions

Diced Stew Weight	1kg	1,200g
Number of Portions	5	7

Meat Portion Size	225g Meat
	150g Potato
Storage Container	Small Foil

## Storage

This can be served fresh but also ideal for freezing in small foil containers for individual portions.

Add 225g of meat & veg to the bottom of a small foil tray. This is about 1½ ladles.

Gently press the mix to the corners and the bottom of the tray and top with the mashed potato. See below for technique.

Allow to cool before freezing

## Heating & Serving

Not Suitable for microwave or stove-top heating.

Heating instructions are from chilled so must be amended for heating from frozen.



30 min

*Pre-heat the oven to 190°, gas mark 5.*

Remove the lid and place the foil container on a baking tray. Heat for 30 minutes from thawed, or 60 minutes from frozen.

Be sure the meal is piping hot throughout before serving.

To serve on a pre-heated plate, fold back the sides of the foil tray and transfer the meal to the plate with a fish slice.

Can be eaten directly from the foil tray.

**Once defrosted, consume within 24 hours.  
Do not refreeze.**

## Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Dicing and Slicing Carrots
- Browning Mince and Diced Beef



*225g of meat & veg in the tray*



*7 portions from 1,200g of diced beef*



*150g of mashed potato per portion*



*Ready for the lids and labels.*

## Topping With Mashed Potato

Add two ice-cream scoops of mashed potato to the top and use two forks to spread it over the meat. Keep the potato below the lower rim of the foil tray so we can fit the lid.

