

RECIPE

Total Time: 3.5 hours approx

INGREDIENTS

2.25kg of boneless beef (chuck)

Salt and pepper

3tbsp vegetable oil

1 can tomato paste

2x diced onions

3 cups of beef stock

2.25kg mixed vegetable

1 bay leaf

3tbsp soy sauce

2 bottles of dark ale

METHOD

1. Season the beef with salt and pepper
2. Heat the oil in camp oven on a med/high heat. Hot enough to brown the meat on all sides
3. Stir in the onions and cook until soft and browning
4. Add the beef stock, ale, soy sauce and bay leaf
5. Bring to a simmer then reduce heat to med/low and cover.
6. Stir occasionally and check temperature.
7. Meat should be tender and liquid reducing around 1.5 to 2 hours
8. Add the vegetables and cook for a further hour or until vegetables are cooked, stirring occasionally.

Note: this method is for camp fire cooking, so times may vary and heat depending on many factors

SHOPPING LIST

2.25kg of chuck beef
boneless

Salt and pepper

Vegetable oil

Tomato paste

2x Onions

Beef stock

2.25kg of mixed veggies, I
use Brussels, potato,
parsnip, carrot, corn

1 bay leaf

Soy sauce

Two bottles of beer dark ale