

STEAKPOT AND MASH WITH GRAVY



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- 1 piece of steak about 1 kg
- garlic and herb spice
- garlic pepper
- 3 large onions sliced
- 1 celery stick chopped
- 2 large carrots chop into blocks
- 1 pack of mushroom brown
- 3 garlic cloves minced
- salt to desired taste
- garlic and herb spice
- 1 cup of red wine
- 1 sachet beef extract

Fry steak in cast iron pot on both sides till nice and brown. Remove. Sprinkle with the spices and add onions celery carrots and garlic. Simmer for about 10 minutes. Add steak back into pot. Add wine, water and beef extract. Let it simmer for about 1.5 hours adding water if necessary. Take out the meat and flake. Spoon out the carrots in the water and add Bisto and brown onion soup. Make a gravy and add the meat and carrot mixture back in the pot. Serve with mash potatoes and peas. You can add mushroom if you desire, just add mushroom to the pot towards the last 30 mins.

Photo: Ingrid Mouton