

## ALMA'S PAINTING DAY STEW

What you need:

1 lb (450g) stewing beef, diced

2-3 tbsp seasoned flour

3 turnips

2 onions

2-4 carrots

2 parsnips

1 pint beef stock

1 pinch mace

2 bay leaves

1/2 tsp mint

1-2 tsp parsley (dried for stew)

Season some flour with salt and pepper Toss the diced beef in the flour.

Brown the beef in a deep pan

Chop and add the onions and herbs

Soften the onions (toss them in a skillet with butter, cover with lid. Flip them once in a while until they are soft.)

Add the stock and stir well

Peel and chop the carrots and parsnips. Add them Bring the pan to the boil so the flour thickens the stew. Reduce the heat, cover and simmer for 30-40 minutes.

SERVE with biscuits if you have time to make them.