

Slow cooked PGI Welsh Beef* with leek rarebit scones



This melt in the mouth beef casserole is topped with a twist on the classic Welsh rarebit.

Serves 4 | Prep 30 minutes | Cook 2 ½ hours

Ingredients

700g stewing beef, cubed
2 tbsp oil
1 large onion, peeled and chopped
2 large carrots, peeled and chopped
2 sticks celery, chopped
400ml red wine
400ml beef stock
1 bay leaf
1 tbsp fresh thyme chopped
1 tbsp Worcestershire sauce

200g chestnut mushrooms, halved
2 tbsp plain flour

Topping

250g self-raising flour
1 tsp (heaped) dry mustard
75g salted butter
8 tbsp beer
150g grated Welsh cheddar with leeks
2 tbsp chopped fresh chives
1 egg

Method

- 01** Preheat the oven to 180°C/Gas 4
- 02** Heat the oil in a casserole dish and cook the meat in batches until browned all over.
- 03** Remove the meat from the pan and add the onions, carrots and celery and fry for 5 minutes. Sprinkle in the flour, mix well and pour over the wine and heat through, scraping any charred pieces from the bottom of the pan.
- 04** Add the stock, herbs, Worcestershire sauce and return the beef to the pan. Cover with a lid and cook for ½ hour in the preheated oven. Reduce the heat to 140°C and continue cooking for a further 1½ hours, adding the mushrooms for the final 30 minutes.

For the topping

- 01** Mix the flour and mustard in a bowl.
- 02** Add the butter and with your fingertips rub in to the flour until it resembles breadcrumbs.
- 03** Add the chives and half the cheese and mix well.
- 04** Slowly add the beer and bring the mixture together. Do not overwork as this will make the end result tough.
- 05** Tip onto a floured surface and bring together to form a soft dough.
- 06** Form into a circle about 2.5cm thick. Cut out eight scone size circles – brush with a beaten egg then place on top of the cooked beef.
- 07** Sprinkle the remaining cheese over the scones.
- 08** Return to a preheated oven 200°C/ Gas 6 and bake uncovered for 20-25 minutes until the scones are golden brown.



gov.wales/foodanddrinkwales
@FoodDrinkWales

*