



LEOMINSTER BEEF with GRAPES and AUTUMN STIR-FRY

serves 8

Grove Farm rear additive free Aberdeen Angus cattle at their farm at Kimbolton, near Leominster.

- Ingredients**
- 1 kg stewing steak
 - 1 onion
 - 1 carrot
 - 1 celery
 - parsley sprigs and bay leaf
 - 750ml red wine
 - 4 tbs olive oil
 - 300ml (½pt) stock
 - 2 tbs flour and
 - 2 strips orange peel
 - 600g (1lb 5oz) green grapes
 - coarsely ground pepper and salt
- autumn stir-fry*
- 4 large carrots
 - 200g (7oz) butternut pumpkin
 - 1 large patty pan squash
 - 8 branches Swiss chard
 - 60g (2oz) butter
 - a good amount of roughly chopped parsley

Method

the day before chop the vegetables and put in a bowl with the meat, the herbs, the olive oil and the red wine. Leave to marinate for 24 hours.

the next day strain the meat reserving the liquid. Heat a casserole with a little olive oil and add the meat. Over a high heat drive the liquid off the meat.

Sprinkle over the flour and stir in before adding the wine and enough stock to just cover. Cover with a lid and simmer very gently for 2 hours on the lowest heat. If you have an Aga put the casserole in the simmering oven.

Add the orange rind, pepper and salt, stir in and continue cooking the casserole for a further hour. Now add the grapes and cook for another 20 minutes. At the end of the cooking time check the seasoning. Serve with cooked chilli noodles and autumn stir-fry.

To make the stir-fry peel and slice the vegetables thinly. Melt half the butter in a sauté pan and add the carrot and squashes. Stir-fry until softening. After 3 minutes cover with a lid and cook for a further 3 minutes. If the pan is drying out add a few tablespoons of water. Throw in the chard and stir fry until cooked. Season with pepper and salt and add the parsley