

Cook with Stanley!

Although the worst of the winter evenings are now hopefully behind us, it's still not too late to enjoy a delicious homemade, nourishing casserole. With their hot steaming aromas filling the kitchen, casseroles & stews are the ultimate in comfort food bringing back warm and welcoming childhood memories.

The Stanley oven is perfect for slow cooking dishes as it develops rich flavours and tenderises the meat, however these recipes will also work well in a heavy saucepan that can simmer slowly for hours on top of the cooker. Leftovers will taste even better when reheated the following day!



Beef casserole

This dish is perfect to prepare ahead and reheat the following day as this allows the flavours to fuse and mellow.

Ingredients:

- 1oz / 25g plain flour
- Salt & freshly ground black pepper
- 2lb / 900g braising steak, cut into large squares
- 6oz / 175g unsmoked streaky bacon, diced
- 2 onions, peeled and sliced
- 2 carrots, peeled and sliced
- 2 tomatoes, peeled and sliced
- 2 cloves garlic, peeled
- 1 bouquet garni
- 3 tablespoons olive oil
- ¼ pint / 150ml red wine
- ¼ pint / 150ml beef stock

Method

Mix the flour well with the salt and pepper and use to coat the beef pieces. Heat the oil over a high heat in the bottom of a flameproof casserole dish and brown the beef in batches. Keep warm on a plate. Next fry the bacon in the bottom of the pan. Move the dish to a low heat, add the onion and cook until softened. Return the beef to the pan and add the garlic, carrots, tomatoes, red wine & stock. Bring to the boil and then simmer for 5 minutes. Add the bouquet garni, cover and transfer to the oven at 120°C for 3-4 hours until the meat is tender. Taste and adjust the seasoning.

Serve on a warm plate with mashed potatoes.

Serves 6 - 8

Coq Au Vin

Coq au Vin must be one of the most popular ways of cooking a chicken casserole. The combination of flavours works really well. The flavour of this dish really benefits from long, slow cooking.

Ingredients:

- 2 tablespoons olive oil
- Large chicken, jointed, or 6-8 chicken portions
- 1 onions, finely chopped
- 2 cloves garlic, crushed
- 4oz / 100g streaky bacon, rinded and chopped
- ¼ pint / 150ml chicken stock
- 12 shallots, peeled
- ¾ pint / 450ml red wine
- Salt and pepper
- 1 teaspoon tarragon, dried
- 2 bay leaves
- 4oz / 100g button mushrooms
- 1 tablespoon cornflour

Method

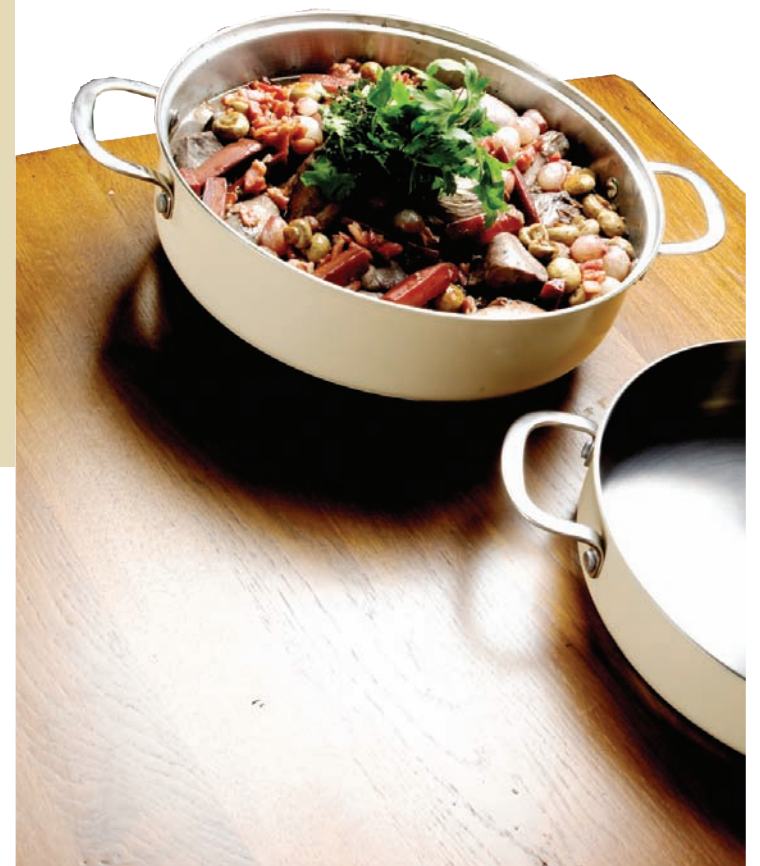
Heat the oil in a large frying pan and brown the chicken joints. Drain and place in a large casserole dish. Add the onion and bacon to the pan and fry until the onion has softened, adding the garlic for the last minute. Drain and transfer to the casserole dish.

Add the wine to the pan and bring to the boil, then add the stock, salt and pepper, and tarragon. Bring to the boil and pour over the chicken.

Bury the shallot and bay leaves in the casserole. Cover and transfer to the oven at 160°C for 1½ hours.

Stir in the mushrooms and return to the oven for a further 30 minutes. Blend the cornflour with water to make a smooth paste and stir into the casserole juices. Return to the oven for a further 15 minutes, until the sauce is thickened.

Serves 6-8



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