

TASTY BEEF & VEGETABLES



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- chopping board
- knife
- measuring jug
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals

TAGINE:

- Heatproof caasserole dish
- Saucepan for cooking rice or similar

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie

INGREDIENTS

<input checked="" type="checkbox"/> Stewing or braising steak	2kgs	4lbs
<input checked="" type="checkbox"/> onions	3	
<input checked="" type="checkbox"/> carrots, peeled and chopped	4	
<input checked="" type="checkbox"/> celeriac, peeled and chopped	1	
<input checked="" type="checkbox"/> garlic cloves, chopped	3	
<input checked="" type="checkbox"/> stock mix for topping up jars		
<input checked="" type="checkbox"/> herbs, whatever you prefer		
<input checked="" type="checkbox"/> seasoning		
OPTIONAL - to make a tagine		
<input checked="" type="checkbox"/> Jars Tasty Beef with Vegetables	1-2	
<input checked="" type="checkbox"/> jar chickpeas	1	
<input checked="" type="checkbox"/> tin tomatoes/passatta	1	
<input checked="" type="checkbox"/> glass red wine	optional	
<input checked="" type="checkbox"/> ground cumin	1 teaspoon	
<input checked="" type="checkbox"/> ground cinnamon	1 teaspoon	
<input checked="" type="checkbox"/> ground ginger	1 teaspoon	
<input checked="" type="checkbox"/> paprika	1 teaspoon	
<input checked="" type="checkbox"/> salted preserved lemons	to taste	



METHOD

BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised

Canner prepped with water

Peel and chop any vegetables you are using

Make stock

WORKSHOP

Share the meat equally between your jars

Mix the vegetables together and add some herbs, if liked, dried or fresh, and season with salt and pepper, if liked

Fill your jars as per below, topping up with hot stock

Place into your jars allowing for the 3cms/1 inch headspace

Remove air bubbles!

Wipe the rims of the jars and the seals with vinegar and seal the jars

Place in the canner and add the remaining vinegar to the water

Close the canner and heat on high. Vent for 10 minutes

Apply the weight and bring the pressure to 10lbs psi

Process for 75mins for 500ml/1 pint jars and 90 mins for 1000ml/1 quart

Cost: around £3 per 500ml jar

TAGINE

Gently fry the spices in a small amount of oil in heatproof casserole dish

Add the jar(s) of meat, the chickpeas, tomatoes and the red wine and mix thoroughly

Chop 3-4 pieces of salted lemons and stir in

Oven bake for around 45 mins at 150 deg C, Gas 4

If it needs thickening mix 2 teaspoons cornflour with a little water and stir

Serve with couscous, rice or Orzo pasta, some plain yoghurt and sprinkled with chopped fresh herbs. Serves 4 Cost £2 per person