

# HEARTY BEEF STEW



**Rosie's Preserving School**  
PRESERVING PRESERVING

# EQUIPMENT LIST

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

Increase ingredients if you want to make bigger jars or more of them!

*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"/> beef/lamb/venison             | 2kgs           | 4lbs    |
| <input checked="" type="checkbox"/> potatoes, peeled, cubed       | 6              |         |
| <input checked="" type="checkbox"/> carrots, peeled, sliced       |                |         |
| <input checked="" type="checkbox"/> garlic cloves, finely chopped | 5 ( optional ) |         |
| <input checked="" type="checkbox"/> onion, medium, chopped        | 3              |         |
| <input checked="" type="checkbox"/> celeriac, peeled, chopped     | 1              |         |
| <input checked="" type="checkbox"/> stock, vegetable or hot water | 1.5ltrs        | 3 pints |
| <input type="checkbox"/> sea salt                                 |                |         |
| <input checked="" type="checkbox"/> ground black pepper           |                |         |
| <input checked="" type="checkbox"/> herbs of choice ( optional )  |                |         |



# METHOD

## BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised

Canner prepped with water, heat turned on under the canner. Just before the Workshop prepare a large bowl of cold water and add some salt.

Peel the potatoes and cut into dice, leave in cold water until needed.

## WORKSHOP

Make sure that the rest of your vegetables are peeled and prepped – chopped and sliced – and that you have some hot stock or plain hot water to top up the jars.

Start by dividing your chosen meat between the jars – I am using 750ml and am aiming for seven jars in total

Next the chopped onion, garlic if used, followed by potatoes, carrots and celeriac.

Add half teaspoon salt to 500ml jars, 1 teaspoon to larger jars, a little pepper and your herbs, if using.

Top up the jars with the stock or hot water whichever you prefer leaving 3cms/1 inch headspace

### **Remove air bubbles!**

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

To use: thicken with a cornflour plus water mix, if needed, and serve with jacket or mashed potatoes.