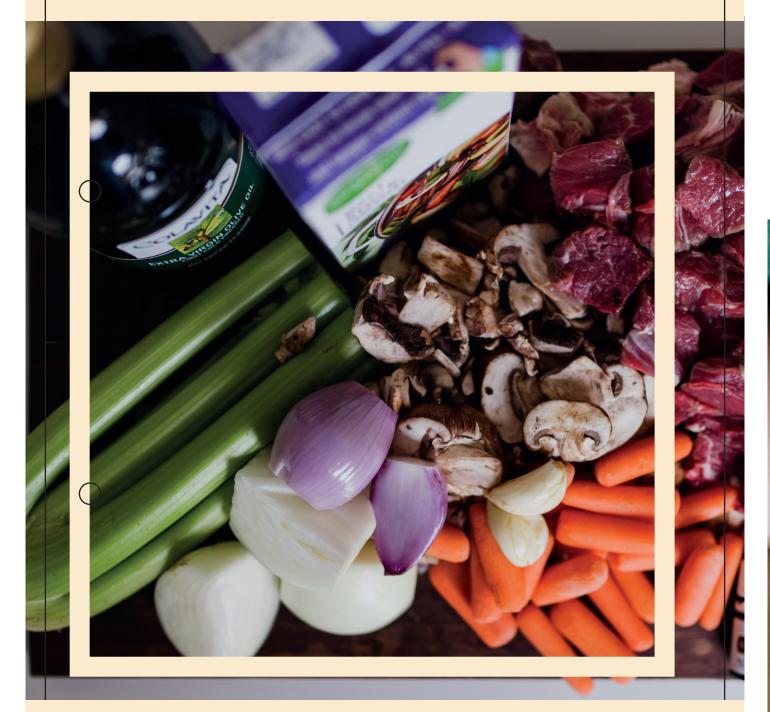
HEARTY BEEF STEW



Rosie's Preserving School

EQUIPMENT LIST

⊡ c	hopping	board
-----	---------	-------

🖂 knife

🖂 ladle

🖂 wide mouth funnel

🖂 small dish

🖂 cloth

 \boxdot head space gauge

 $\ensuremath{\boxdot}$ 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!

INGREDIENTS

\checkmark	beef/lamb/venison	2kgs	4lbs
\checkmark	potatoes, peeled, cubed	6	
\checkmark	carrots, peeled, sliced		
\checkmark	garlic cloves, finely chopped	5 (optional)	
\checkmark	onion, medium, chopped	3	
\checkmark	celeriac, peeled, chopped	1	
\checkmark	stock, vegetable or hot water	1.5ltrs	3 pints
	sea salt		

- ☑ ground black pepper
- \boxdot 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.