

Some of the lowest price cuts of Beef have the most flavour provided that you cook them low & slow. Your friendly Slow Cooker is idea for this?..

Ingredients:-

500g of Skirt Beef

1 Onion, Sliced

60ml of Olive Oil

1 Tsp of Ground Cumin

1 Tsp of dried Tarragon

1 Tsp of Oregano

½ a Tsp of Chilli Flakes

1 Tin of Chopped Tomatoes, plus half of the tin of Water

1 Bulb of Garlic, peeled and separated

2 Bay Leaves

300Ml of Beef Stock

100g of Mushrooms, sliced

Salt & Pepper to season

Method:-

- (1) In the Slow Cooker add the sliced Onions then lay the Skirt on top.
- (2) Combine the Oil, Cumin, Tarragon, Salt, Pepper, Oregano and Chilli Flakes.
- (3) Drizzle this over the Meat.
- (4) Add the Tomatoes, Water and Stock over and around the Meat.
- (5) Add the Mushrooms and Bay Leaves.

- (6) Gently stir.
- (7) Cook on ?High? for 5 to 6 hours or until the Beef is very tender..
- (8) Find and remove the Bay Leaves before serving.

We served ours with Broccoli and Mashed Potatoes. The flavours and texture were really good. A proper Autumn warmer. This would easily have fed 4 people. The remainder will be used over a giant Toad-In-The-Hole tonight?...