



edinburgh
**FOOD
SOCIAL**

1 onion
3 cloves garlic
8 potatoes
300g diced beef
(or any meat leftovers)
50g butter or lard
Salt and pepper
Water or stock

Recipes for Rosyth Beef Stovies

This comforting dish is great for using up any meat leftovers.

Serves 4



Slice the onion and finely chop the garlic.

In a large pot, fry on a low heat with a knob of the butter until soft.

Add the beef, ½ tsp salt and 150ml water or beef stock.

Bring to the boil, then turn down heat, cover and cook for about an hour.

(If you're using meat leftovers that are already cooked, chop into chunks and add to the onions with salt and stock. There is no need to cook this for an hour you can skip to the next step, adding the potatoes)

Peel the potatoes and chop into chunks. Add these to the beef with the rest of the butter a pinch of salt and a little more water

Cook for about another hour without stirring until potatoes cooked and liquid absorbed. Check for salt and pepper and serve. Great with green vegetables or oatcakes.

Fife
COUNCIL

