

Seville Pot



Ingredients

- 450g (1lb) lean British beef, lamb or pork, cubed.
- 1 x 15ml sp (1 lbsp) oil
- 1 onion, chopped.
- 300ml (½ pt) stock.
- 1 x 5ml sp (1 tsp) ground cinnamon.
- 1 x 5ml sp (1 tsp) dried thyme.
- Salt and black pepper.
- 1 x 15ml sp (1 tbsp) cornflour.
- 150ml (¼ pt) orange juice.
- 3 x 15ml sp (3 tbsp) Seville orange marmalade
- 1 medium orange, sliced.
- 8 small onions.

Method

1. Heat oil in large casserole, fry onions until softened.
2. Add meat to brown.
3. Stir in the stock and spices.
4. Blend the cornflour with the orange juice.
5. Add to the pan with the marmalade. Season, then add the orange slices and baby onions.
6. Simmer for approximately 1 hour on the hotplate or transfer to a casserole dish and place in a pre-heated oven.
7. Serve with rice and a green salad.

Serves 4.

Cooking time: Approximately 1 hour

Temperature: Gas Mark 4, 180°C, 350°F or use hob

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