

# Beef Stew With Anchovies



## INGREDIENTS:

6 Kingfisher Anchovy Fillets in Extra Virgin Olive Oil  
3 tablespoons olive oil (or beef dripping)  
1½ kg stewing steak (cut into chunky strips)  
1 large onion (halved then finely sliced)  
3 cloves garlic (minced or finely chopped)  
3 medium carrots (cut into thick rounds)  
2 teaspoons dried thyme (or 1 ½ tablespoons fresh)  
3 tablespoons marsala wine  
500ml red wine  
300ml beef stock  
1 tablespoon tomato puree  
½ teaspoon mace  
1 bayleaf  
Flatleaf parsley to serve (optional)

## DIRECTIONS:

1. Preheat the oven to gas mark 2/150°C/300°F.
2. Put the hob-proof dish on the hob with 3 tablespoons of the oil to heat up.
3. Add the sliced and chopped onion, garlic, carrots and cook, stirring, until they begin to soften, but not colour.
4. Add the beef and turn well until brown with the vegetables in the pan.
5. Add the thyme, chopped anchovies, marsala wine, red wine, stock, tomato puree and mace and stir well.
6. Bring to the boil, add a bayleaf and season with salt and pepper to taste.
7. Put on the lid to the casserole dish and then cook in the preheated oven for 3 hours, ensuring the product is piping hot throughout before serving.
8. To serve, wash chopped flatleaf parsley in water and sprinkle onto the stew.