



# DISHES

DELICIOUS

## CORNERD BEEF STEW

Around the 19th century, many Irish families and individuals began immigrating to the US. These immigrants were used to eating salt pork, but in the United States, the closest equivalent to that was bacon. Unfortunately, bacon was quite expensive in the US at the time. The next best thing was corned beef.

### INGREDIENTS

- Oil
- 1 x onion (diced)
- 1 x carrot (diced)
- 2 x garlic cloves (chopped)
- 1x Pepper (sliced)
- 1 can (400g) baked beans
- 1/2 of a cabbage
- 1x tin corned beef
- 3-4 large potatoes
- 4x Eggs
- Squirt of ketchup
- Parsley (Optional)
- Thyme (Optional)

### ALLERGENS

- Eggs
- Celery (in the ketchup)

### EQUIPMENT

- Large frying pan
- Small frying pan
- Pot
- Colander
- Chopping board
- Knife
- Tin opener



**Cost per portion: £1.25**

**Serves: 4**

**STEP ONE:** Wash your vegetables. Chop the carrots, potatoes, peppers and corned beef into small cubes.

Finely chop the garlic and cut the cabbage into strips.



**STEP TWO:** Bring water to the boil in a pot and add potatoes and carrots for 15 mins.

**STEP THREE:** Add oil to a large frying pan and cook onions until soft. Then add garlic for one minute.

**STEP FOUR:** Drain the potatoes and carrots and then add them to the onions and garlic.

**STEP FIVE:** Add the corned beef, cabbage, baked beans, parsley and thyme to the mixture and stir in.

**STEP SIX:** Season with salt, pepper and ketchup.

**STEP SEVEN:** Heat oil in a small frying pan.

**STEP EIGHT:** Once heated, crack an egg into the pan and fry for around 45-60 seconds or until the egg becomes

white.

**STEP NINE:** Dish the corned beef stew onto a plate and then place the cooked egg on top.



To make this dish allergen free, simply remove the egg and ketchup from the recipe

To make this dish vegetarian, remove the corned beef and bulk up your veg and beans!

To make this dish vegan, remove the eggs and corned beef and then bulk up your veg and beans!