KIKKOMAN

Rich beef casserole with tomatoes & shallots and bubble & squeak cakes

Total time **175 mins** **25 mins** preparation time **150 mins** cooking time

INGREDIENTS

4 portion(s)

3 tbsp	vegetable oil
675 g	beef braising steak, cubed
4	shallots, peeled and sliced
100 g	mushrooms, halved or quartered
400 g	can chopped tomatoes
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	plain flour
425 ml	beef stock

Bubble and squeak cakes:

500 g	potatoes, peeled and cut into chunks
250 g	green cabbage, e.g. Savoy
1	egg, beaten
	Salt and pepper
4 tbsp	plain flour
	Oil for shallow frying

PREPARATION

Step 1

Preheat the oven to 170°C/325F/Gas mark 3.

Step 2

Heat 2 tablespoons oil in a frying pan and brown the cubes of steak in batches over a fairly high heat. As the meat browns, transfer the pieces to a casserole dish.

Step 3

When all the meat has been browned, lower the heat under the pan, add the remaining oil, shallots and mushrooms and fry gently for 2 minutes. Add the tomatoes and soy sauce. Mix the flour with a little of the stock until smooth, add to the pan with the rest of the stock and bring to the boil, stirring until thickened. Pour into the casserole, cover and cook in the oven for 1 1/2 hours or until the meat is very tender.

Step 4

Meanwhile, make the bubble and squeak cakes. Boil the potatoes in a pan of water until tender. Drain and mash.

Step 5

Cut out any coarse stalk from the cabbage and shred the leaves finely. Cook in a covered pan with a very little water until the leaves are just tender. Drain, pat dry with kitchen paper and stir into the mashed potatoes with the beaten egg and seasoning. Shape into small cakes, roll in the flour

and chill until ready to cook.

Step 6

When the stew is almost done, heat oil for shallow frying and fry the bubble and squeak cakes until golden brown on both sides, turning over once. Drain on kitchen paper and serve with the beef.