

## Beef Bacon and Beer Casserole

### A rich tasty meat and vegetable casserole

Sorry this isn't Gluten Free; not unless you can source a GF beer. I used beef steak, but other meats of choice could be substituted.

300-400g beef, sliced thinly and cut small  
 - about 4 x 4 cm.

- 1 rasher of bacon cut in 2 x 3 cm pieces
- 1 small onion sliced in rings
- 1 medium tomato, sliced
- 1 medium cup mushroom, sliced
- 2 carrots, peeled, cut in half, then sliced thinly along the length.
- 330ml lager or pale ale
- 1 rounded Tbsp gravy powder
- 1 Oxo cube, or similar
- 1 Tbsp olive oil



2 medium potatoes, cut in half and parboiled – I microwaved mine in their jackets

Place the beef slices in a suitable container and pour on the beer. Cover this and leave to marinate for at least an hour. Meanwhile, prepare the vegetables. Drain the potato halves and allow to dry a little; then fry these in the oil to brown. Remove and set aside. In the same oil, lightly sauté the strips of carrot; then place on kitchen towel. Lightly fry the bacon, again in the same pan. Once cooked, drain these on paper also. The final fry in the oil is the beef. Remove from the marinade with a strainer spoon and fry both sides for about 5 minutes all up; then place on paper to drain any oil.

Sprinkle the Oxo cube on the marinade. In a small bowl, mix the gravy powder with water to a thin cream; then stir into the liquid. Pour enough of this into a casserole sufficient to cover the bottom before arranging half of the carrots in it. In order, spread half of the beef, half of the onion rings, all of the chopped mushroom and all of the bacon pieces. Now repeat with layers of the remaining beef, onion rings, carrot and top with slices of tomato. Give the marinade mix a good stir and pour it on. Lastly, arrange the potatoes flat side up, put the lid on the casserole and baked on 162°C fan forced (180°C conventional) for 45 minutes. Remove the lid and cook a further 10 minutes to finish off the potatoes.

Serves 2

leftovers **minus potatoes** can be frozen

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