

Hot and Sour Casserole



Casserole Cuts

- BEEF - braising cubes: chuck, blade, stewing cubes: shin, legs
- LAMB - braising cubes: shoulder, leg
- PORK - braising cubes: shoulder, leg

Ingredients

- 450g (1lb) lean British beef, lamb or pork, cubed
- 2 onions, quartered
- 1 green pepper, seeded and cut into chunks
- 1 red pepper, seeded and cut into chunks
- 50g (2oz) baby corn, halved

For the hot and sour sauce

- 425g (15oz) can pineapple pieces in natural juice, juice reserved
- 2 x 15ml sp (2tbsp) tomato ketchup
- 1 x 15ml sp (1tbsp) tomato purée
- 2 x 15ml sp (2tbsp) malt vinegar
- 1 x 15ml sp (1tbsp) ground ginger
- 1 x 15ml sp (1tbsp) hot chilli powder
- 1 x 15ml sp (1tbsp) sugar
- Salt and black pepper
- Orange juice, approximately 150ml (1/4pt)
- 2 x 15ml sp (2tbsp) plain flour

Method

1. In a measuring jug mix together the pineapple juice, tomato ketchup, tomato purée, vinegar, ginger, chilli powder and sugar.
2. Season.
3. Pour sufficient orange juice into the measuring jug until the sauce quantity measures 450ml (³/₄pt).
4. Blend together the flour with approximately 5 x 125ml sp (5tbsp) of the sauce.
5. Place the meat and onions in a large casserole dish
6. Pour over the sauce and blended flour, mix.
7. Transfer to the oven and cook for 1.5 - 1.75 hours until the meat is tender.
8. Add the green and red pepper or baby corn and pineapple pieces.
9. Stir.
10. Return to the oven and cook for a further 15 minutes.
11. Serve with rice and additional vegetables.

Cooking time: Approximately 1.5 - 2 hours

Serves 3 - 4 people.

Temperature: Gas Mark 4, 180°C, 350°F