

# Jamaican Casserole



## Ingredients

- 450g (1lb) lean British beef, lamb or pork, cubed.
- 2 x 15ml sp (2 tbsp) plain flour.
- 450ml ( $\frac{3}{4}$ pt) stock
- 2 x 15ml sp (2 tbsp) mild curry paste.
- 450g (1lb) sweet potatoes or potatoes, peeled and cut into 1.25cm ( $\frac{1}{2}$ " ) cubes.
- 1 large or 2 small onions, sliced.
- Salt and black pepper.
- 1 lemon, sliced.
- 1 yellow pepper, seeded and cut into chunks.

## Method

1. Blend together the flour with approximately 5 x 15 ml sp (5 tbsp) stock to form a paste.
2. In a large casserole dish place the meat, stock, flour paste, curry paste, potatoes and onion.
3. Season and stir.
4. Transfer to oven and cook for  $1\frac{1}{2}$  -  $1\frac{3}{4}$  hours until the meat is tender.
5. Stir in the lemon and pepper and cook for a further 15 minutes.
6. Serve with rice, fresh or frozen spinach and green beans or a selection of seasonal vegetables.

*Tip* - The lemon slices will add lots of flavour during cooking. They will become very soft and can be eaten.

**Serves 3 - 4.**

**Cooking time: Approximately  $1\frac{1}{2}$  - 2 hours**

**Temperature: Gas Mark 4, 180°C, 350°F**

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