

Beef Olives

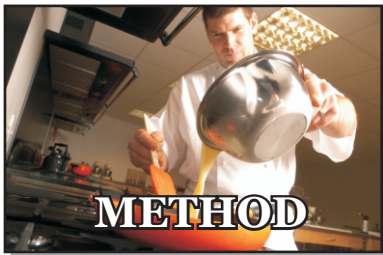
50g Stuffing
 400g Beef topside slices (4 x 100g)
 35g Fat or oil
 100g Onion
 25g Flour (browned in oven)
 25g Tomato puree
 600ml Stock
 1 sprig Fresh thyme

Stuffing

25g White / wholemeal breadcrumbs
 1tblspn Chopped Parsley
 1tspn Thyme
 1/2 Egg, to bind
 5g Suet
 1/2 Finely chopped sweated onion
 Salt and pepper



Weighing scales
 Spoons
 Vegetable chopping board
 Raw meat chopping board
 Saucepans
 Ovenproof dish
 String
 Strainer



Mix all stuffing ingredients together. Place to one side.

Cut the meat into thin slices across the grain and bat out. Trim to approx 10 x 8cm, chop the trimmings finely and add to the stuffing. Season with salt and pepper and spread a quarter of the stuffing down the centre of each slice. Roll up neatly with string.

Fry off the meat to a light golden brown colour. Add the roughly chopped vegetables and continue cooking to a golden colour. Drain off the fat into a clean pan and make up 25g (100z) fat if there is not enough. Mix in the flour.

Mix in the tomato puree, cool and mix in the boiling stock.

Bring to the boil, skim, season and pour on the meat. Add the sprig of thyme. Cover and simmer gently, preferably in the oven for approx. 1.5 to 2 hours at 160c, gas mark 3.

Remove the string from the meat. Skim and correct the sauce and pour onto the meat when served.