

Apple Cider Beef Stew

Ingredients: (8 persons)

2 medium sized potatoes, diced
1 kg lean fresh beef rump cut into cubes
6 tablespoons all purpose white flour
1/4 teaspoon black pepper
1/4 teaspoon thyme
3 tablespoons olive oil
1 cup carrots, sliced
1 cup onion, diced
1/2 cup celery, diced
1 cup apples, peeled, diced
2 cups apple cider
2 cups water, divided use
2 tablespoons vinegar



Preparation

Mix together 3 tablespoons of the flour, black pepper and thyme
Coat beef with flour mixture
In a pan heat oil and brown beef pieces
In a deep pot, layer ingredients as follows: carrots, potatoes, onions, celery, browned beef, and diced apple
Mix together cider, 1 cup water and vinegar
Pour over ingredients in pot and cook on low setting for two hours
Before serving mix remaining flour with 1 cup water
Stir into pot to thicken stew

Helpful hints

Potatoes are very high in potassium but you can remove part of the potassium by peeling and dicing potatoes and then placing them in a large pot of warm tap water and soak for 2 to 4 hours
Drain and set aside
Fresh beef rump is very suitable for this recipe though fresh topside or knuckle are just as good