

TARTAN FARMS

RECIPES

Cooking Tartan Farms Lowlime Infused Topside Roast

Not every-one's choice, but a good Budget meal
And can last for two nights!

You need:

- Slow Cooker or Crock Pot
- 1 x Medium sized Topside Roast
- 2 x Medium Sized Onions
- 1 x Can of Sliced Italian Tomatoes
- 2 x heaped tsp of Mustard Powder
- 2 x heaped tsp of Crushed Garlic
- 1 x Pinch of Paprika & Chilli Flakes
- Salt & Pepper to taste
- 1 x heaped tbspc Standard Flour
- ¼ x cup of Worcester Sauce
- ½ x cup water
- Mashed potatoes and Frozen vegetables

Ready for Action:

Turn Slow Cooker on to Low

Dice Onions and add to Crock Pot

Then add one heaped tablespoon standard flour and mix together.

Take Topside Roast from vacuum pack and dice into 2 cm cubes.

Add a little oil to a fry pan or skillet and brown the cubes gently and slowly over a low heat.

This process is important and not to be hurried as the cubes need to remain soft and moist.

Add to floured onions in Crock Pot and then add two heaped teaspoons each of crushed garlic and mustard powder, a pinch of chilli and salt and pepper to taste.

Add a can of Italian Tomatoes, the ¼ cup of Worcester Sauce & ½ cup of water.

Put the lid on the slow cooker and cook for five hours on low, stirring at intervals.

Transfer all the contents from the slow cooker into an oven proof dish, then add a layer of your favourite frozen vegetables and cover these with mashed potatoes or frozen potato cakes. Sprinkle paprika over the top for colour and bake in a moderate oven until golden brown.

Grated cheese can be added as an additional garnish and grilled until brown.

Enjoy!