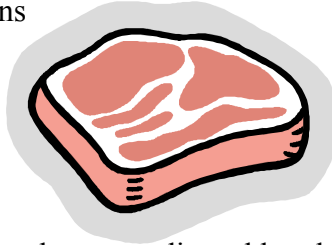


# BEEF WITH VEGETABLES

Work in Pairs

## Ingredients

250gms Round Steak (cut into cubes)  
½ Dried Thyme  
½ Bay Leaf  
½ Bacon Rasher (chopped)  
2 Pickling Onions  
¼ C Tomato Puree  
½ C Red Wine



½ clove Garlic (crushed)  
2 tspn Oil  
4 Button Mushrooms  
¼ C Beef Stock  
2 tspn Brandy  
½ tspn Cornflour (blended with 2 tspn cold water)  
Pinch Ground Black Pepper

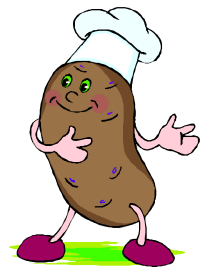


## Method

1. Combine beef, wine, thyme, garlic and bay leaf in a glass bowl and marinate 30 mins. Remove beef from mixture and pat dry with paper towel. Keep the wine mixture.
2. Heat oil in a medium saucepan. Add beef and bacon and cook for 5 mins. Or until brown. Remove beef and set aside.
3. Add mushrooms and onions to pan and cook, stirring, for 5mins.or until onions are brown. Remove from pan and set aside.
4. Return beef to pan, stir in stock, tomato puree and wine mixture, bring to simmering, cover and simmer for 30mins.or until meat is cooked. Return mushrooms and onions to pan, stir in brandy and cornflour mixture, cover and simmer 15 minutes more. Season to taste with black pepper. Serve.

## Vegetables

Each pair will be supplied with potato, beans and carrot. You must plan how you will prepare them before the lesson starts.

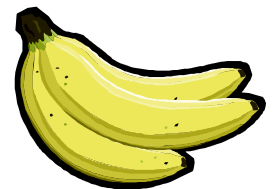


# NEW ORLEANS-STYLE BANANAS

## Ingredients

2 Bananas  
¼ tspn Ground Cinnamon  
¼ C Lemon Juice  
1T Brown Sugar

½ C Orange Juice  
1T Butter (unsalted)  
2 scoops vanilla ice-cream to serve



1. Melt butter in a small saucepan over medium heat. Add sugar and cinnamon and cook, stirring, until sugar melts and mixture is combined
2. Stir in juices and cook until mixture is thick and syrupy, about 5 mins.
3. To serve, halve bananas lengthwise and place on a serving plate with a scoop of ice-cream. Top with the sauce and serve immediately.

