**Recipe for a Staffordshire Lobby**

**Ingredients**

**\* 450g stewing beef**

**\* Onion x1**

**\* Carrots x4**

**\* Potatoes x3**

**\* Swede/turnip x1**

**\* Celery x4**

**\* 500 ml beef stock**

**Method**

1) Swill the beef and place into a large saucepan.

2) Make up the beef stock with cold water.

3) Add the beef stock to the beef and bring to the boil then simmer for about

an hour and a half or until the beef is nearly cooked.

4) While the beef is cooking, slice the onion, carrots and celery. Dice the

potatoes and swede.

5) When the beef is nearly ready, add the vegetables and bring to the boil again.

(Add a pinch of salt if you want.)

6) Once boiled, simmer for a further half an hour. (You could add frozen peas 5

minutes before the half an hour is up.)

7) Check that the beef is cook thoroughly then serve with crusty bread.