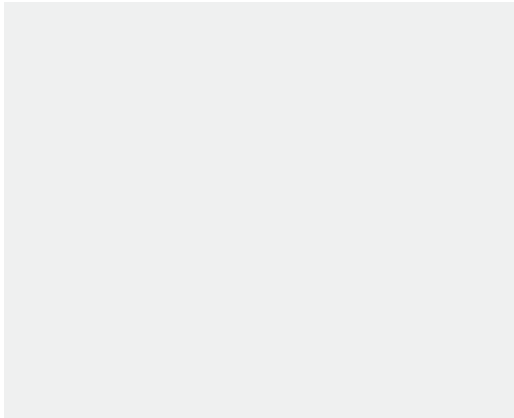




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## Beef Casserole with Pepper Crust (Ideal with Dallas Corn Cob or Ciabatta)

### Your ingredients list:

500g lean beef mince	Yoghurt Topping
2/3 cup fresh bread crumbs	¾ cup milk
4 cloves garlic crushed	1½ cup SR Flour
1 tablespoon Worcestershire sauce	20gm butter
2 teaspoon plain flour	Good Pinch Cayenne pepper, Ground black pepper and salt
3 tablespoon oil, olive or canola	
3 large onions chopped roughly	
½ cup red wine vinegar	
1/3 cup plum sauce	
1½ cups beef stock made from cubes	
2 tablespoons fresh parsley	

### Instructions:

Combine beef, breadcrumbs, garlic and Worcestershire sauce in bowl to make small meatballs. Roll in plain flour, shake off excess. Heat oil in large pan, brown all meatballs on all sides for 4 minutes. Drain on paper towel. Place into shallow baking dish, pan fry onion until transparent, add vinegar, plum sauce, stock, bring to boil, reduce heat, then simmer uncovered for 5 minutes, pour sauce over meatballs in oven dish. Sift flour into mixing bowl rub through with finger tips, warmed butter until crumbly, add milk, and pepper spices and stir until combined. Spoon evenly over meatballs and sauce. Bake 30 minutes in a moderate 210 °C oven until crust is golden brown.