



Week 5: Brazilian beef stew and quick tiramisu

Brazilian beef stew

Ingredients:

- 1 can black (or any other type) beans drained
- 1 onion, chopped (or 2tbsp dried onions)
- 1 tbsp paprika, 2 tsp dried garlic
- 2 tbsp tomato ketchup + 1 chicken/beef stock cube
- 1 x 400g can of stewed steak (drained and rinsed)
- 1 x 300g can of mandarins, drained
- Dried chilli flakes (optional)

Method

1. Tip the beans, onion, garlic, paprika and ketchup into a large pan
2. Cover with 700ml of water, crumble in a stock cube
3. Bring to the boil, reduce to a simmer then cook for 30 minutes.
4. Add the mandarin oranges and stewed steak. Cook for a further 20 minutes.
5. Finish with dried chilli flakes to taste before serving.

Quick tiramisu

Ingredients

- Plain madeira sponge
- 1 mug prepared instant black coffee (+ sugar to taste)
- Bird's dream topping (or supermarket own brand)
- UHT milk (to make up dream topping)
- Bar of milk / plain chocolate grated

Method

1. Cut up the madeira cake into 2cm thick slices. Put in a large bowls and pour over the cooled mug of coffee. Leave until coffee absorbed
2. Make up the dream topping according to the instructions.
3. Cover the base of a large serving dish with $\frac{1}{2}$ of the coffee soaked sponge, cover with $\frac{1}{2}$ the dream topping and roughly $\frac{1}{3}$ of the grated chocolate.
4. Repeat step 3, using all of the remaining chocolate to top.
5. Chill for at least 1 hour before serving.