

Pot roast beef with root vegetables

A one-pot main course just right for weekend eating. Simply put all the ingredients into a casserole dish and leave to cook gently. It needs little attention and makes its own gravy while it cooks!

Cook time: Approx. 4 hours

Serves: 6

2-2.4kg rolled brisket

2 tbsp olive or vegetable oil

6 shallots peeled and left whole

1 large carrot cut into chunks

4 celery stalks cut into chunks

300g swede cut into chunks

300g potatoes cut into chunks

300ml vegetable stock

1 tbsp Worcestershire sauce

2 tbsp tomato puree

1 bay leaf

3 sprigs fresh thyme

Beurre manié made with 1 tbsp flour and 25g softened butter - salt and freshly ground black pepper