



BOEUF BOURGUIGNON WITH CARROTS

1kg cubed gravy or top side beef
1 bottle of cheap red wine (\$6 to \$8 is fine)
2 onions
2 cloves garlic
2 tbsp of flour (wheat, rice)
100g of chopped smoked free range bacon
150g of mushrooms
4 carrots
2 tbsp olive oil
Salt and Pepper
1 dried bay leaf
1 tbsp of dried mixed herbs

In pot, put olive oil, the meat, the chopped onions and garlic. Let it cook until it gets to a golden color. Sprinkle flour. Pour wine and put herbs, mushrooms, carrots, salt and pepper. Put the lid on and let it cook for 2 hours on low to med or until the meat is soft. If you have a pressure cooker, it will only take 40 min.

Serving suggestions: Green beans with garlic and parsley. The extra can be packed and put in freezer.

Tip: Prepare the dish the night before. It is better reheated.

FISH PAPILOTTES WITH KUMURA SALAD

2 fish fillets (snapper, cod, John Dory)
1 lemon
2 oranges
½ cup chopped red onion
1 sliced tomato
Bunch of coriander
Grated ginger
Vinaigrette

Place the kumara in a baking dish and drizzle with olive oil. Sprinkle on a pinch of salt. Roast for 25 minutes or until soft. Set aside to cool when done.

Place fish fillets in two separate aluminum foil. Place ginger, slices of tomato and lemon on fish, red onion, salt and Pepper. Drizzle little lemon juice. Close the 2 aluminum packets and bake for 20 minutes at 200°C.

In a bowl, place kumara cubes, oranges slices and vinaigrette.

Serving suggestion: Place the aluminum packet in a plate and dish kumara salads next to it.