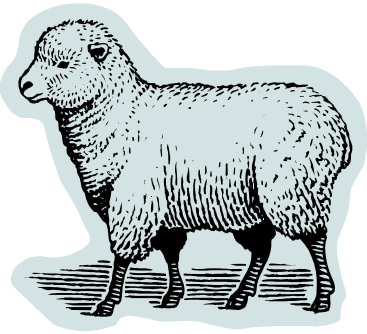


Jumbuck Stew

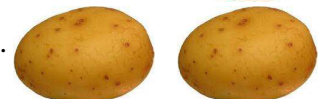


- 1 Kg Lamb fillets/Rump Steak.
- 2 tablespoon (30gms) Flour
- 1 teaspoon (5gms) Curry.....
- ½ teaspoon (2.5gms) Ground ginger



Cover meat with flour and spices, fry in a pan.

- 1 tablespoon (20mls) Brown vinegar
- 2 tablespoon (40mls) Tomato sauce.....
- 2 tablespoon (40mls) Worcestershire sauce
- 1 tablespoon (15gms) Brown sugar
- ½ cup (125mls) Beef stock.....
- 2 Potatoes - peeled & cut.....



Place in oven dish.

Cover & cook in Medium oven (180°) for about 1 hour. (1gm = 1 ml)