



Another in our Welsh Recipes series. This was a real Winter Warmer of a dish. It's not easy to scale this recipe down - So realistically I'd say this will feed 4 to 6 people.

Ingredients:-

500g of Beef Shin (It's on on the least expensive cuts, but cooked low and slow it tastes really good)

2 Carrots, halved

1 Onion, quartered

2 Sticks of Celery, halved

1 Bulb of Garlic, halved (Remove the papery outer parts)

2 Bay Leaves

2 Sprigs of fresh Thyme

3 Tbsp of Beef Dripping / Lard

9 Generous Sliced of Bread (Gluten free for us from the Bread Machine)

3 Tbsp of Dijon Mustard

150g of Cheddar Cheese, Grated (We used Lactose Free)

Salt & Pepper to season

Enough water to cover the Meat.

Method:-

(1) Heat the oven to 140c.

(2) Place the Shin in a covered casserole dish along with the Vegetables and add sufficient water to cover $\frac{3}{4}$ of the contents.

(3) Snugly fit a piece of baking paper over the Beef and replace the lid.

- (4) Cook in the oven for 5 hours or until the Beef begins to fall apart.
- (5) Remove the Beef and Vegetables and set aside.
- (6) Remove the stock to a pan and simmer to reduce by 1/3.
- (7) Heat the dripping in a frying pan and fry the Bread on both sides until golden brown.
- (8) Spread Mustard on one side of the Fried Bread and chop the Vegetables.
- (9) Squeeze the Garlic out of the skins.
- (10) Increase the oven temperature to 180c.
- (11) Place a layer for Fried Bread in the bottom of a dish, sprinkle with Cheese and then add half of the Beef, chopped Vegetables and Garlic.
- (12) Season with Salt & Pepper.
- (13) Repeat the process and then top with a layer of Bread sprinkled with Cheese.
- (14) Pour over the reserved Stock.
- (15) Bake for 10 to 15 minutes until the Cheese is bubbling.

You really don't need anything else with this. It is a meal in it's own right! It might not be too pretty but it was really tasty.