

## Boiled Beef and Carrots

*From "The Dairy Book of British Foods", pub. Ebury Press. A very traditional dish*

### Ingredients

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1.6kg (3 ½ lb) salt beef  
Bouquet garni  
6 black peppercorns  
2 small onions, skinned and quartered  
8 cloves  
2 small turnips, peeled and quartered  
2 celery sticks, chopped  
1 leek, trimmed and chopped  
18 small carrots

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Place the beef in a large saucepan, add just enough water to cover and bring slowly to the boil.

Skim the surface, add the bouquet garni, peppercorns, onions (each quarter stuck with a clove), turnip, celery and leek.

Lower the heat and simmer very gently for about 2 hours.

Add the carrots and simmer for a further 30 minutes or until the carrots are tender.

Transfer the beef and carrots to a warmed serving dish and keep warm.

Skim the fat from the surface of the cooking liquor, then strain.

Boil the liquid to reduce slightly, then pour into a gravy jug.

Serve the beef and carrots with mashed potatoes.