

**INGREDIENTS:**

1 Tablespoon each medium paprika and olive oil

1 carrot

250ml water

1 teaspoon ground cumin

1 garlic clove

Small bunch of thyme

800g trimmed beef skirt

50g butter

1 onion

4 tablespoons full-fat crème fraiche

1 bay leaf, few sprigs of parsley

**TIME:** 3 Hours**SERVING:** 6 people

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Cut the beef into large cubes and chop the onion and carrot. Heat the butter and oil in a large frying pan and brown the beef, a few pieces at a time. Reserve. Add the carrot and onion to the pan and sweat until softened then replace the meat, sprinkle in the paprika and cumin, cook for a minute or two then add the crushed and chopped garlic clove, thyme and bay leaf and enough water to cover. Add a lid and simmer on the lowest possible heat for two hours. Stir in the crème fraiche, heat through and serve topped with chopped parsley.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**