

Comenuis Project May 2013 Ysgol Llanwenog

My Favourite Dish

Group Members : Hafwen, Luke , Chloe Marie, Niall, Sioned Fflur

Name of Dish : Stew lleol Llanwenog

Ingredients : Beef, peeled onions, carrots peeled and sliced, pint beef stock, black pepper, baby potatoes.

Method :

Cook beef for 5-8 minutes. Carrots and garlic and cook for 10 minutes. Sprinkle in the flour. Transfer everything to a casserole dish. Cut the potatoes in half. Add the potatoes. Cook for an hour. Sprinkle with chopped parsley.

Why I chose this dish ?

Because it looked delicious.

This was my dish

