

Plot to Pot Recipes



Beef Stew

Equipment

2.5 Litre cooking pot
& lid
Wooden spoon
Knife
Chopping board

Ingredients

450g beef cubed
1 litre beef stock with
rosemary/thyme
1/2 a swede & a large leek
4-5 carrots
Whole baby potatoes
2 large onions
Fresh parsley & chive
2tsp Worcester sauce
2 large garlic cloves
Oil/butter & salt/pepper



Wash the vegetables. Peel and chop the carrots, onions, leeks and herbs.



Fry the beef in batches in oil or butter. Add pepper and Worcester sauce. When the meat has browned, remove from the pan and set to one side.



Using the same pan with the meat juices in, add onions, leeks and garlic and cook for 5-10 mins.



Add the swede and stock. Simmer on the hob for 1.5 hours.



Add the carrots and potatoes and cook for 30 mins.



Thicken your stew with a small amount of flour and water mixed together or use corn flour. Cook through with the pan lid off and serve with crusty bread.



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Ingredients

500g strong bread flour
10g instant yeast
320ml water
10g salt
30g olive oil
30g sugar

Equipment

Large bowl
Wooden spoon
Baking tray
Rosemary
Chopping board
Knife
Cooling rack

Rosemary Bread



Weigh out the flour, sugar, yeast, oil and water. Place everything in the bowl except the water.



Mix together. Then add the water and continue to mix. You may need to use your hands to properly combine the ingredients.



Turn the mixture out onto a floured surface and knead the dough.



Put the dough ball back into the bowl, brush with oil and cover with a towel. Leave somewhere warm until it doubles in size.



Turn out again onto a floured surface and cut into 8 or 12 portions. Shape them into rolls and sprinkle with flour and oil. Add the seeds and rosemary on top.



Place on a greased tray and bake on 210 degrees for 12/14 mins until golden brown.



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Ingredients

900g sprouts
Oil
150g bacon lardons
Or streaky bacon cut up
250ml double cream
6 tbsp grated parmesan
Salt and pepper

Equipment

Frying pan
Baking dish
Oven proof dish
Boiling water
Scissors or knife
Spoon

Sprout Gratin



Preheat the oven and simmer the sprouts for 5 mins. Drain and set to one side.



Chop up the bacon and fry in butter until crispy. Add in the cooked sprouts.



Add the cream and boil for 2/4 mins, then season.



Mix together the breadcrumbs and parmesan. Place the sprout mixture into an oven proof dish.



Top the sprout mixture with the breadcrumb and parmesan topping.



Add any herbs you fancy and bake at 200c/gas mark 6 for 20mins.



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