

Beef Stew/Soda Bread		
Cook/Assistant Cook	Helper 1/Helper 2	Manager/Helper 3
<p>Day one:</p> <p>1 lb. Beef chuck, cut in 1 ½ inch cubes 1 T. vegetable oil</p> <p>Heat oil, brown the meat on all sides; add water mixture (from Helpers), cover, simmer 1 ½ hours.</p> <p>Cut 1 – 2 carrots and 2 – 4 potatoes into 1 ½ inch cubes, place into a bowl, cover vegetables with water, cover bowl with plastic, label with kitchen and period number.</p> <p>Day two;</p> <p>Bring stew to a boil, add potatoes and carrots, reduce heat and simmer 30 minutes.</p>	<p>In a bowl, measure the following and give to Cooks.</p> <p>2 Cups boiling water 1 tsp. Worcestershire sauce 1 clove garlic 1 medium onion, sliced 1 to 2 bay leaves 1 T. salt 1 tsp. Sugar ½ tsp. Pepper ½ tsp. Paprika dash of allspice</p>	<p>Preheat oven to 325 degrees F. Grease a 9 X 5 loaf pan.</p> <p>Combine the following in a large mixing bowl:</p> <p>3 cups all-purpose flour 1 T. baking powder ½ cup sugar 1 tsp. Salt 1 tsp. Baking soda</p> <p>In a small bowl mix: 2 cups buttermilk 1 egg</p> <p>Add milk mixture to the dry ingredients. Mix just until moisten.</p> <p>Stir in: ¼ cup butter, melted</p> <p>Pour into prepared pan. Bake 65-70 minutes, or until a toothpick inserted in the bread comes out clean. Cool on wire rack. Wrap in foil for several hours, or overnight, for best flavor.</p>