

SAVOURY STEAK
(old Adelaide recipe)

1 lb (500g) Blade Bone steak
1 tsp Salt
1/8 tsp Pepper
1 tsp Sugar
1 tbsp Vinegar
1 tbsp Lea and Perrins Sauce
1 tbsp Tomato Sauce
1/2 pint Water.

Mix flour and spices, rub into steak after placing in a casserole.

Mix water, vinegar, sauces and sugar and pour over meat.

Cover and cook in slow oven (325 F) for 2 hours.

N.B. If you use more meat there is no need to double the sauce.