



● White park cattle in the fields at Arthur Gee's Peak farm

Ridge Farm at Longnor, has been run by Arthur Gee's family for generations. He rears traditional and rare breeds of beef cattle, including White Park and Hereford.

The farm is managed under an Environmentally Sensitive Area Scheme that ensures the survival of wild flowers and grasses and the maintenance of the dry stone walls so characteristic of the Peak District.

Developing a range of high quality, ready prepared meals and pies for selected local holiday cottages, Carol Gee, Arthur's wife, has become something of an expert at beef dishes.

This one is a rich, aromatic, warming dish ideal for autumnal evenings.

Carbonnade of beef

Ingredients

(serves 4 to 6)

1 kg chuck steak, cubed. Stewing or braising steak can come from various cuts of beef and may even be a mixture, which can result in uneven cooking. Best to ask for a cut by name and for this recipe I recommend chuck, from the shoulder.

2 medium onions, sliced finely

2 cloves of garlic, crushed

1/2 teaspoon of grated nutmeg

1 tablespoon of brown sugar

4 tablespoons of seasoned flour

Bay leaf

1 can of Guinness or stout

200 ml of beef stock

1 teaspoon sherry vinegar

1 ounce (25g) of butter

For the topping

French bread and Dijon mustard

Method

Soften the sliced onion and crushed garlic in butter.

Toss the beef in seasoned flour and brown the cubes in remaining butter.

Place beef, onion, garlic and brown sugar in an ovenproof casserole dish. Pour on Guinness and beef stock. Add the nutmeg and bay leaf and cook in a medium oven (180°C, Gas Mark 4) for approximately three hours. The beef should be tender and the sauce thickened.