

Bisto Recipes.



Bisto Original



Bisto Onion



Bisto Meat

Lamb Casserole.

Makes:

Ingredients:

1kg lamb leg cutlets, cubed
3 carrots, sliced
5 ml mixed herbs
5 ml freshly ground black pepper
3 potatoes, cut into quarters
200 g mushrooms
250 ml water

1 large onion, finely diced
5 ml salt
5 ml thyme
125 g margarine
100 ml peas
60 ml Bisto Gravy Powder

Method:

- 1.) Preheat oven to 200°C.
- 2.) Heat margarine in a pan, add meat and fry until well browned on both sides.
- 3.) Remove from pan and set aside.
- 4.) Fry onions in the same pan until slightly browned.
- 5.) Grease a large casserole dish and place layers of meat, onions, potatoes, carrots, peas and mushrooms alternately with a sprinkling of salt, mixed herbs, thyme and pepper between each layer.
- 6.) Mix Bisto Gravy Powder with water until smooth and pour over the ingredients in the casserole dish.
- 7.) Bake in the oven for 1 hour.
- 8.) Gravy: Put 4 heaped teaspoons of Bisto Instant Meat Gravy Powder into a measuring jug or gravy boat. Pour 300 ml boiling water onto the powder and stir vigorously for 1 minute. For extra thick gravy, add more powder.

Serving suggestions:

Meatballs in tomato sauce the Bisto way.

Makes:

Ingredients:

Meatballs

250 ml bread crumbs
1 onion
1/2 bunch dhania chopped
grated peel of 1/2 orange
2 teaspoons mustard powder
1/2 cup sunflower oil

1/2 cup milk
1 carrot finely chopped
2 teaspoons crushed garlic
salt and pepper as needed
1 teaspoon origanum
500 g lean lamb mince

2 teaspoons Bisto Instant Meat powder mixed with 1tablespoon milk
1 egg yolk

Sauce

1 onion chopped	3 cloves garlic crushed
few sprigs shallot chopped	2 tablespoons oil
750 ml fleshy tomato pureed	1/2 teaspoon origanum
1 bay leaf	2 green chillies chopped
2 teaspoons Bisto Original gravy powder diluted in 1/2 cup warm water	

Method:

Meatballs

- 1.) Mix breadcrumbs, milk and egg yolk.
- 2.) Saute all vegetables, herbs, peel and seasoning in 2tbsp oil on low.
- 3.) Place vegetables, mince and bread in bowl.
- 4.) Add diluted bisto powder and remainder of ingredients.
- 5.) Mix well with spoon and taste for salt.
- 6.) Moisten palms and shape mince mixture into meatballs (add flour for binding only if necessary).
- 7.) Heat remainder oil in pan and fry meatballs until golden brown on both sides.
- 8.) Remove when golden, drain and set aside.

Sauce

- 1.) Saute onion, garlic and shallot in oil until soft but not brown.
- 2.) Add remaining ingredients.
- 3.) Simmer covered over moderate heat for 40 minutes.
- 4.) When vegetables are soft and liquid almost dried up, pour mixture into blender.
- 5.) Dilute Bisto powder in a cup water and add all mixture into pan.
- 6.) Set meatballs in gravy and simmer for 15 minutes.
- 7.) Serve with hot handmade bread (roti) or pasta.

Serving suggestions:

Crusted Rib-eye steak with rich mushroom gravy.

Makes:

Ingredients:

Steak

Steak	500 g rib-eye steak in one piece
2 cloves of garlic, crushed	20 ml mustard seeds
30 ml mustard powder	dark soy sauce

Gravy

30 ml butter	1 sliced onion
250 g sliced black mushrooms	300 ml water
15 ml Bisto Original Gravy Powder	salt
Hinds Ground Black Pepper	

Method:

Steak

- 1.) Mix the garlic, mustard seed and powder, soy sauce to form a paste.
- 2.) Rub the meat with the paste making sure it is well covered.
- 3.) Place in a greased roasting pan and cook in a pre-heated oven for 30 minutes.
- 4.) If you prefer well done meat, cook for 15 minutes longer.
- 5.) Remove from oven and set the meat aside.
- 6.) Keep the juices that are in the roasting pan for the gravy.

Gravy

- 1.) Heat the butter in a small saucepan and saute the onions until soft.
- 2.) Add the mushrooms and saute for another two minutes.
- 3.) Add the meat juices from the roasting pan.
- 4.) Mix well and then stir in the water.
- 5.) Blend the Bisto powder with a little cold water until smooth.
- 6.) Stir into the hot mixture.
- 7.) Allow to simmer gently, stirring occasionally until smooth and thick.

Serving suggestions:

Slice the meat and serve with mushroom gravy and vegetables of your choice.

Rack of Lamb Spare Ribs.

Makes:

Ingredients:

30 ml oil	1 large onion finely chopped
10 ml Lemon Pepper	5 ml Mixed Herbs
15 ml Instant Bisto Meat	Salt and pepper to taste
5 ml brown sugar	60 ml Worcester sauce
1 can (410 g) chopped tomatoes	1.5 kg rack of lamb spare rib

Method:

- 1.) Heat oil and saute onions until transparent.
- 2.) Add all remaining ingredients except rack of ribs.
- 3.) Simmer over low heat for 10 minutes.
- 4.) Place rack of ribs in a large foil-lined roasting pan and spoon sauce over.
- 5.) Bake at 200°C, basting frequently.
- 6.) Place under grill until crisp.

Serving suggestions:

Spicy Vegetable Turnovers.

Makes:

Ingredients:

30 ml oil	3 cloves garlic: crushed
410 g chickpeas: drained	3 carrots grated
250 g butternut diced	2 onions chopped
2 peppers chopped	125 ml tomato puree
250 ml water	2 ml dried crushed chilli
5 ml ground cumin	5 ml Ground Cinnamon
5 ml ground cloves	5 ml sugar
15 ml lemon juice	10 ml Instant Bisto
125 ml slivered almonds	salt to taste
750 g shortcrust pastry	

Method:

- 1.) Heat oil in a pan and saute the vegetables and spices.
- 2.) Add tomato puree, water, sugar and lemon juice.
- 3.) Reduce heat and simmer, cover for 20 minutes, stirring occasionally.
- 4.) Stir the Bisto powder into the vegetable mixture to thicken.
- 5.) Season to taste.
- 6.) Add the almonds and set aside.
- 7.) Roll pastry out to 3mm thickness and cut out 10 circles of 12cm each (use a saucer as a template).
- 8.) Place a spoonful of the mixture on one side of each pastry round.
- 9.) Moisten pastry edges with a little water.

- 10.) Fold over and press edges firmly together with a fork to seal.
- 11.) Bake on a greased tray in oven preheated to 200°C for 15 to 20 minutes.

Serving suggestions:

Serve with Pakco Sauces.

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