

Cairngorm Casserole

Ingredients

- 450 g (1lb) lean Scotch Beef braising steak, cut into 1.25cm (1/2 ") cubes
- 2 onions, quartered
- 1 green pepper, seeded and cut into chunks
- 1 red pepper, seeded and cut into chunks
- 50 g (2oz) baby corn, halved
- 425 g (approx) can pineapple pieces in natural juice, juice reserved
- 30 ml (2tbsp) tomato ketchup
- 15 ml (1tbsp) tomato purae
- 30 ml (2tbsp) malt vinegar
- 5 ml (1tsp) ground ginger
- 5 ml (1tsp) hot chilli powder
- 5 ml (1tsp) sugar
- Black pepper
- Orange juice, approximately 150ml (1/4 pt)
- 30 ml (2 tbsp) plain flour

