

Jamie Oliver's

Andy-the-Gas-Man's-Stew

Serves 4

Ingredients

- olive oil
- 700 g potatoes, peeled and cut into 2.5cm dice
- 2 red onions, peeled and roughly chopped
- 2 carrots, peeled and roughly chopped
- 2 sticks celery, trimmed and roughly chopped
- 2 sprigs fresh rosemary, leaves picked
- 1 level teaspoon ground cumin
- 1 heaped tablespoon smoked paprika
- 1 orange, zest and juice of
- 800g stewing steak, quality lamb or higher-welfare pork, cubed
- 410g good-quality tinned cooked chickpeas, drained
- 2 x 400g good-quality tinned plum tomatoes, chopped
- sea salt
- freshly ground black pepper
- 1 tub fresh live yoghurt, to serve
- 1 handful fresh coriander, leaves picked, to serve

Method

1. First of all, you need to preheat your oven, but the temperature will depend on how long you want to cook the stew for. If you want it ready in 3 hours, preheat it to 180°C/350°F/gas 4, but if you want to cook it for 6 hours, then you need the oven on at 140°C/275°F/gas 1.
2. Put a large casserole-type pan on the hob on a high heat and add a couple of good lugs of olive oil. Let this heat up, then add your potatoes, onions, carrots, celery, rosemary, cumin, paprika, and orange zest and juice, and stir together. Cook for 1 minute, then mix around again before adding the meat, the chickpeas and the tomatoes. Season lightly with salt and pepper and pour over enough water to cover everything. Bring to the boil and put into the oven.
3. You are now free to go out for a few hours (for the whole day if you want to!). Serve the stew in bowls with a dollop of yoghurt and a sprinkle of coriander leaves.