

**INGREDIENTS:**

8 quarter-inch thick slices of beef  
topside

275g finely-chopped onions

50g butter

1 level dessertspoon of flour

4 or 5 anchovy fillets

3 tablespoons capers

1 tablespoon wine vinegar

2 tablespoons olive oil

3 garlic cloves

1 small bunch of parsley

Sea salt, freshly-ground black pepper

**TIME:** 3 Hours**SERVING:** 4 - 6 people

Rub the butter and flour together to form a paste. Place a layer of onions in the bottom of a flame-proof casserole and top with two slices of beef. Season well and continue to build up alternating layers, finishing with onions, and seasoning as you go. Dot the flour and butter paste over the top, cover and place over a low heat for 30 minutes. Chop the anchovies, garlic and parsley and mix with the capers, oil and vinegar. Add to the casserole and cook gently for another hour. Serve piping hot with crusty bread.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**