



## Hillworth Beef Olives

Serves 4

### Ingredients

4 Beef Olives  
1 oz flour  
1 Pint Stock

### Method

- Fry the Olives in hot fat to seal and transfer to a casserole dish
- Sprinkle the flour in the fat and add a pint of stock, bring to the boil then pour over the beef Olives, cover and cook for 1 - 1½ hours at 170 ° or Gas Mark 3.
- Remove the olives and serve with Salad and New Potatoes