

Savory Mince

28 gms Margarine
1 Onion
680 gms Hamburger Minced Steak
1 teaspoon Salt
¼ teaspoon Pepper
½ teaspoon Mixed Herbs
2 tablespoons Flour
1 cup Water
2 tablespoons Tomato Sauce

Heat margarine in frying pan, add chopped onion, mince, salt, pepper and mixed herbs; stir constantly over medium heat until meat is well browned. Add flour, stir 5 minutes, or until flour is browned. Gradually add water and tomato sauce, stir until mixture boils and thickens. Reduce heat; simmer, uncovered, 10 to 15 minutes.

Serves 4.

Note: If your family likes a hearty breakfast, Savory Mince is an ideal dish; spoon it over hot toast. Or serve it as a main dish (a finely chopped carrot can be added with the onion); use any remaining for breakfast or lunch.

Savory Mince can also be used as a good, tasty filling in a pie, or in the special Potato Pie.

Below are hints to achieve a rich brown look when you cook any minced steak dish – particularly Savory Mince.

- Use a shallow pan. If you use a deep saucepan, the meat steams, rather than fries, and will not brown well.
- Pour off any surplus fat which comes out of the meat. Quality of minced steak can vary; if there is a surplus of fat in the meat, it will melt during the cooking. Unless it is poured off, the meat will not brown well. Of course, a normal amount of fat is necessary for frying.