

## Daily Stew Recipe

A WORD TO THE CHEF: Our monks are an integral part of the security in the Church of Science (and, indeed, in all of King's Way). Their diets, while unusual or unsettling to some, are just as much a vital part of their day-to-day functions as are their quiet chants. Please do not neglect to follow the following recipe to the letter, if you wish to remain in good standing with the clergy. (Additional recipes may be acquired through clergy approval.)

- 2-3 lbs flank meat (abdominal muscles), cut into cubes about 1" on a side
- 1 medium onion, cut into coarse chunks
- 2-3 medium potatoes, cut into large chunks
- 1 cup peas
- 1 cup carrots, cut into chunks
- 2 cups water (if desired, use 1 1/2 cups water with 1/2 cup red wine)
- 1/4-1/2 cup flour
- 1 tsp gravy browner
- salt and pepper, to taste

Boil the meat and potatoes over medium gas fire in half the water, until the meat turns grey. Then skim off the fat before adding the onions. Thoroughly mix the flour, gravy browner, and the rest of the water before adding it to the stewpot. Add more water if the soup is too thick. Add the rest of the vegetables. Salt and pepper to taste. Finally, lower the flame to a low setting. The stew will be done in about two hours, or until all the vegetables are tender.

Please ensure the monks eat their entire portions during meals.