

## **Recipe#5**

Dear honourable judges,

I present to you my humble submission to the How to Cook your Dragon competition.

Recipe for Dragon Stew – Suitable for the nourishment of terrified spectators and Dragon Slayers alike.

Backstory:

Handed down through generations, this Dragon Stew was developed when a mighty beast was slain within sight of an adventurous Lady's home. While the prime cuts of meat were taken to be roasted on spits, she was able to acquire some cuts from the hind legs. The butcher tasked with rendering the dragon informed her that much of the tougher meat was destined as food for the dogs, prized beasts that they were. However, there was still far too much meat for the small pack of dogs along for this hunt. Wondering if tough dragon meat would become tender like beef did once stewed, she took a shank home and stewed it up. Not long after, this recipe became a staple used for those tougher cuts of Dragon.

Recipe:

This recipe is an adapted version of a well-known standard stew, normally made with beef but is easily adapted to Dragon. Once the menacing beast is slayed, not one part should go to waste. Dragon is a once-a-year delicacy and this recipe is designed for those harder-to-use parts, tougher meats like those found in the hind legs and flight muscles in those dragons which have flown from far afield.

Meat should be well butchered and free from scales. Take any tougher parts of the Dragon, unsuitable for roasting or off cuts from finer roasts, and cut them small. Place a little fat into a pot to heat, and some garlic - if available - to brown the meat. Make sure the pot is very hot when doing this. Once the meat is brown on the outside, remove it from the pot and set aside. Add onions to soften, then any other root vegetables you may have. Carrots, celery, and turnip are good choices, and the last of last year's crop - even slightly wilted - will do.

Add plain water to the pot, covering the vegetables, and then return the meat. Should you have stock of any kind or red wine, replace some of the water with it, and a richer flavor will develop. Now season: salt is a must; pepper and bay leaf if you have it; and any other sauces or concoctions to your taste.

The Dragon Stew is best left to simmer over the fire for a few hours, breaking down the tougher meat to something succulent. This will take longer than Beef, as Dragon is far tougher. Nearing the end of the cooking time, should you want a stew instead of soup, thicken with a mixture of flour and water in the usual way. Taste often and add more seasonings as desired. Best served with a thick slice of bread for dipping.