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Stir around to coat everything in the fat, then sweat very gently for 10-15 minutes. Add 1litre/1¾pints of stock or other liquid, saving the rest for thinning down (if necessary), and season with...

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Method Heat the oil in a large saucepan or medium flameproof casserole. Add the onion, carrots and celery, stir well then cover and cook over a low heat for 10-12 minutes, or until soft and lightly...

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