

Greek stifado with veal or lamb

Serves 6

Ingredients

- **1 kg** lean veal or lamb
- **1 kg** small shallots
- **100 ml** olive oil
- **2 tbsp** tomato purée
- **500 g** ripe red tomatoes
- **1 glass** of red wine
- **3** bay leaves
- **¼ bunch** of parsley, finely chopped
- **2 tbsp** sugar
- **¼ tbsp** ground cinnamon
- Salt and pepper

Method

1. Cut the meat into roughly 3 cm cubes. Peel the shallots and leave them whole.
2. Score a cross in the tomatoes. Blanch in boiling water for about 30 seconds, then cool immediately in cold water. Peel, cut into wedges and remove the seeds.
3. Heat the olive oil in a heavy casserole dish and brown the meat all over on high heat. Add the shallots. Fry the tomato purée briefly, then add the fresh tomatoes.
4. Add the sugar, bay leaves, cinnamon and parsley. Season with salt and pepper. Simmer gently for about 1 hour, until the meat is tender.
5. Add the red wine and simmer for 5 more minutes. Taste and adjust the seasoning, then remove the bay leaves. Serve with roast potatoes, chips or rice.

EQUIPMENT

Heavy casserole dish and a pan for blanching the tomatoes.