



## Beef Stifado



### Ingredients

- 2 lbs beef cut into large cubes
- ½ cup olive oil
- 1 medium onion, chopped
- 2 cups passata
- 4 tbs red wine vinegar
- ½ cup red wine
- 1 bay leaf
- 2 lbs small white onions
- 2 cloves garlic, chopped
- ½ cup butter or oil
- Chopped parsley
- Salt & pepper

### Method

- In a heavy flameproof casserole dish brown the meat in olive oil over a medium heat. Season with salt and pepper.
- Add chopped onion and sauté until soft. Add tomato passata, vinegar, wine, bay leaf and 2 cups of hot water. Simmer until the meat is tender.
- In the meantime, cover the onions with boiling water and allow to cool. Peel onions and cut a small cross in the root end of each one to prevent them from bursting.
- Heat the butter or oil in a saucepan, add the onions, garlic, 1 cup of water, salt and cook covered until just tender.
- Add them to the meat with the parsley.
- Continue to cook slowly for 20 minutes or until the liquid is reduced and the onions are soft.

*Jackie's Tip - Replace the beef with rabbit which is very popular in Greece*