

# Sunvil Supper Club

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January 2017 - Beef Stifado



## Ingredients (serves 4)

- 1 kg tender beef (cut into large cubes)
- 4 tbsp olive oil
- 900ml water
- 700 gms shallots
- 2 tbsp tomato puree
- 3 tbsp red wine vinegar
- 4-6 tbsp vegetable oil
- 1 tsp demerara sugar
- 1 small glass of red wine
- 1 stick of cinnamon
- 1 small sprig of rosemary
- 1 pinch of allspice
- Salt & black pepper

## Method

- Preheat the oven to 160c
- Heat the olive oil in a large saucepan and brown the meat until golden brown
- Slowly pour over the vinegar. When the steam subsides, add the wine
- Add all the other ingredients except the vegetable oil, shallots and sugar
- Cover and cook slowly for 1 hour or until the meat is tender
- Heat the vegetable oil in a frying pan and add the shallots
- Sautee the shallots for 15 minutes until they are golden brown
- Remove the onions with a slotted spoon and add to the meat
- Sprinkle over the demerara sugar and cook gently for a further 30 minutes
- Serve with rice, roast potatoes or simply with crusty bread

Stifado is a traditional Greek dish served up by virtually every Greek Island taverna. Beef stifado is a nourishing meaty stew made with shallot onions and should be pronounced stifatho rather than stifado with emphasis on the 'fa'. The meat is usually beef but it can be lamb, rabbit or any sort of game.

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