



# Beef ragout

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	1 Hrs 30 Mins
Portions	4
Appliance	CombairSteamer V2000 from 2021

beef stew with smoked paprika

## Ragout

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- 600 g beef ragout
- Some salt
- Peanut oil for searing
- 3 onions, cut into fine strips
- 2 red peppers, cut into fine strips
- 1 tbsp smoked paprika powder, (e.g. Pimentón de la Vera)
- 800 ml veal stock
- 2 tbsp cornflour
- 2 cloves of garlic, crushed
- 1 unwaxed lemon, some grated zest
- 1 tsp cumin powder

## Serving

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- 1 bunch of chives, finely chopped
- 2 gherkins, cut into fine strips
- 2 tbsp crème fraîche

## Ragout

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Salt the meat generously. Heat peanut oil in a casserole and sear the meat on all sides. Reduce the heat, add the onion, red pepper and paprika and cook together over a medium heat. Stir the veal stock and cornflour together, pour into the casserole with the meat and bring to the boil.

Put the casserole without a lid on a wire shelf in the middle shelf position of the cooking space.

Cook at 160 °C for 1 hour and 30 minutes using the hot air humid mode.

Stir the garlic, lemon zest and cumin powder into the cooked ragout.

## Serving

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Arrange the ragout on plates, garnish with chives, gherkins and crème fraîche.

## Cooking steps

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**Hot air humid 160 °C for 1 Hrs 30 Mins**

## Tips

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The meat is done when the prongs of the meat fork go in and slide out easily.

## Accessories

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Large casserole or 2-litre porcelain dish

Wire shelf

