



# 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

---

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

---

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

## Ragout

---





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

---

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

## Cooking steps

---

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

## Tips

---

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

## Accessories

---

Large casserole or 2-litre porcelain dish

Wire shelf

## Additional information

---

Created on 26.01.2022