Beef ragout

מתכון מאת V-ZUG Ltd.



beef stew with smoked paprika

Preparation	30 Mins
Cooking time	1 Hrs 30 Mins
מנות	4
התקן	CombairSteamer V2000 from 2021

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

עצות

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

אביזרים

Large casserole or 2-litre porcelain dish

Wire shelf

מידע נוסף

הופק ביום	26.01.2022