

Cooking Recipe

VN Burgundy beef stew

Main course for 6 people

Preparation time:
1 hour

Cooking time:
1 hour 30

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Cut: the beef in cubes of 5cm long, the carrot in circle of 1 cm wide, the lemongrass in very thin pieces and the ginger in cubes of 1 cm long.

Put in a big bowl the beef, the carrots, the alcohol, the cinnamon, the star anises, the lemongrass and the ginger.

Then add: 3 teaspoon of sugar, 1 teaspoon of salt, 1 teaspoon of pepper, 1 pinch of curry.

Mix well and let macerate for 30 minutes.

Pour the whole thing in a cooking pot, with a little bit of oil until the meat glazes.

Add water until the meat is covered and leave under the heat to cook for 1h30, close the cooking pot.

Cut the tomatoes in 4 pieces. Add them to the mix.

Leave it under the heat for another 30 minutes, cooking pot closed.

Before serving, remove the cinnamon, the star anises and the ginger.

Ingredients:

1 kg of beef,
1 kg of ripe
tomatoes,
2 carrots,
2 cl of white alcohol
(Rhum ideally),
1 small stick of
cinnamon (about 10
cm long),
4 star anises,
4 stems of
Lemongrass,
100 g of ginger,
Oil,
Salt,
Pepper,
Sugar,
Curry.

