

STIFADO

Veal stew



Ingredients

- 1 kilo of veal (cut in pieces)
- 2 kilos onions (small)
- $\frac{1}{2}$ cup olive oil
- 1 can tomato paste
- 1 cup red wine
- 1 clove garlic (smashed)
- 1 piece cinnamon
- Salt, pepper
- $\frac{1}{4}$ teaspoon nutmeg,
- 1 bay leaf

Preparation

1. Saute the meat in olive oil until light brown.
2. Take it out of the saucepan.
3. Saute the onions until they get some color.
4. Pour the wine and leave until alcohol evaporates.
5. Place the meat back in the saucepan, add the tomato and all spices except salt and pepper.
6. Simmer on low heat for about an hour until veal smooths. This food needs no stirring, you can only move the saucepan if necessary.
7. Add salt and pepper five minutes before it is over.

Notes

This dish can be made with either meat or poultry and it is also perfect if you replace veal with rabbit. It is a stew in which small or pearl onions are used. The quantity of onions is usually equal in weight to the meat.