



Greek tomato beef stew -Lagoto

15'

Hands on

100'

Cook Time

6-8

Portion(s)

1

Difficulty



Ingredients

- 1 kilo beef shank
- 2 tablespoons olive oil
- 600 g tomatoes
- 5 cloves of garlic
- 1 tablespoon tomato paste
- ¼ teaspoon cinnamon
- 1/8 teaspoon cloves
- 500 g water
- salt
- pepper
- 100 g walnuts
- 2-3 tablespoons breadcrumbs

For the potatoes

- 500 g potatoes, boiled
- salt
- pepper
- 2-3 tablespoons olive oil
- 1 tablespoon thyme

To serve

- 1 tablespoon parsley
- 20 g walnuts
- 1 tablespoon olive oil
- pepper

Method

- Place a **pot** over high heat and add the olive oil.
- Cut the beef into 2-3 cm pieces and add them to the pot. Sauté until golden on all sides.
- **Cut** the tomatoes in half and grate them.
- Finely chop the garlic and add it to the pot.
- Add the tomato paste and sauté. Add the cinnamon, cloves, water, salt, pepper, close the lid, and simmer at low heat for 50 minutes.
- Place a **frying pan** on heat and add the walnuts. Sauté for 1-2 minutes.
- Transfer the walnuts in a blender, add the breadcrumbs, and process until powdered.
- Remove the pot from the heat, add the walnut powder, and mix. Transfer again over low heat until it comes to a boil, and remove.

For the potatoes

- Add the boiled potatoes into a bowl and add salt, pepper, olive oil, thyme, and press with a potato masher or a fork until the potatoes are completely mashed.
- Add the rest of the olive oil and mix.
- **Serve** with the parsley finely chopped, walnuts, olive oil, and pepper.

Διατροφικός πίνακας

Nutrition information per portion

391 Calories (kcal)	21.0 Total Fat (g)	3.5 Saturated Fat (g)	17.0 Total Carbs (g)
20%	30%	18%	7%
4.1 Sugars (g)	32.0 Protein (g)	3.0 Fibre (g)	0.52 Sodium (g)
5%	64%	12%	9%