



Pressure cooker beef ragu with mushrooms

30'

Hands on

40'

Cook Time



Ingredients

- 1 1/2 kilo beef
- salt
- pepper
- 2-3 tablespoon(s) all-purpose flour
- 8-10 tablespoon(s) olive oil
- 1 onion
- 2 clove(s) of garlic
- 500 g wild mushrooms
- 1 tablespoon(s) tomato paste
- 50 g red wine
- 400 g canned tomatoes
- 2 bay leaves
- 200 g stock, beef
- 1 tablespoon(s) rosemary
- 1 tablespoon(s) thyme
- 15 g porcini, dried
- 1 teaspoon(s) granulated sugar

Method

- Place a [frying pan](#) over high heat.
- **Cut** the meat into small pieces and add them to a bowl. Add salt, pepper, the flour, and mix.
- Add 4-5 tablespoons of olive oil into the pan along with the meat, and sauté until golden brown on all sides.
- Place the pressure cooker over high heat and add 2 tablespoons olive oil.
- Finely chop the onion, the garlic, and add them to the pressure cooker.
- Add the tomato paste, the wine, the canned tomatoes, the bay leaves, the stock, the meat from the pan, the rosemary, the thyme, and the dried mushrooms.
- Chop the wild mushrooms and add them to the pressure cooker. Add the sugar, salt, pepper, and 3 tablespoons olive oil.
- Seal with the lid, turn the safety valve to the proper pressure indicator, and boil over low heat for 40 minutes.
- Depressurize the pressure cooker and set aside.

For the mashed potatoes

- Boil the potatoes cut into small pieces, drain them, and let their moisture evaporate completely.
- In a bowl add the potatoes, the butter, the olive oil, salt, pepper, and press with a fork or a potato masher, until the ingredients are homogenized. Add the parmesan and mix.
- Serve the mashed potatoes with the beef ragu, the thyme, pepper, and olive oil.

For the puree

- 1 kilo potatoes
- 50 g butter
- 2 tablespoon(s) olive oil
- salt
- pepper
- 100 g parmesan cheese

To serve

- thyme
- pepper
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

607 Calories (kcal)	37.0 Total Fat (g)	15.0 Saturated Fat (g)	29.0 Total Carbs (g)
30%	53%	75%	11%
5.4 Sugars (g)	36.0 Protein (g)	3.3 Fibre (g)	1.6 Sodium (g)
6%	72%	13%	27%