



Greek sofrito from the island of Corfu

15'
Hands on

90'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

For the sofrito

- Place a **pan** over heat and let it get very hot.
- Cut the meat into little pieces and transfer to a bowl. Add the salt, pepper and flour. Mix with your hands.
- Add the olive oil to the hot pan. Add the meat and sauté on both sides until golden. When ready, transfer to a bowl.
- In a **shallow pot**, add the olive oil, minced garlic, the meat, vinegar and wine. Mix.
- Add the bouillon cube, water and granulated sugar. Lower heat, cover with lid and simmer for 1 ½ hours. Check the food every half hour and add extra water, if necessary.
- When ready, remove pot from heat and add the capers, lemon zest, lemon juice and finely chopped parsley. Mix.

For the potatoes

- Cut the potatoes into pieces and place in a bowl. Add the white vinegar, olive oil, salt and pepper. Mix. Lightly press on the potatoes to break them up.

To serve

- Place the potatoes on a serving place. Add the meat over them, top with finely chopped parsley and serve with lemon wedges.

Ingredients

- 800 g beef, shank
- salt
- pepper
- 70 g all-purpose flour
- 50 g olive oil
- 3-4 clove(s) of garlic
- 100 g balsamic vinegar, white
- 100 g white wine
- 1 chicken bouillon cube
- 500-600 g water, boiling
- 1 level tablespoon(s) granulated sugar
- 50 g capers
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 1/2 bunch parsley

For the potatoes

- 1 kilo potatoes, boiled
- 2 tablespoon(s) vinegar, white
- 2 tablespoon(s) olive oil
- salt
- pepper

To serve

- parsley
- slices lemon

Διατροφικός πίνακας

Nutrition information per portion

458 Calories (kcal)	17.0 Total Fat (g)	3.6 Saturated Fat (g)	38.0 Total Carbs (g)
23%	24%	18%	15%
3.9 Sugars (g)	35.0 Protein (g)	3.3 Fibre (g)	1.9 Sodium (g)
4%	70%	13%	32%