



VEAL STEW

(Stifatho)

Rich and sweet with whole onions, this is indeed a special dish.

1/2 cup Krinos Extra Virgin Olive Oil
2 1/2 pounds boneless veal, cut into
1 1/2-inch cubes
2 pounds pearl onions, peeled but whole
1 1/2 cups peeled, chopped plum tomatoes
2 garlic cloves, minced
1 large bay leaf
1/2 teaspoon whole black peppercorns
Salt, to taste
3 tablespoons Krinos red-wine vinegar
Water, if necessary
1 teaspoon sugar

Heat the olive oil in a large casserole and brown the veal over high heat. Remove veal with a slotted spoon; add onions to the pot, and sauté until wilted.

Add tomatoes, garlic, bay leaf, and peppercorns to the pot. Return meat to pot, season with salt and half the vinegar, lower heat, cover, and simmer over low heat for 1 1/2-2 hours. Add a little water during cooking if necessary. Just before removing from heat, adjust seasoning with salt, sugar (if necessary) and additional vinegar.

Yield: 6-8 servings