

CHUCK OR OUTSIDE FLAT BUFFALO STEW



Ingredients (serves 4 people):

- 1 kg of chuck or outside flat buffalo
- 5 tbsp olive oil
- 2 chopped onions
- 3 cloves garlic, minced
- Chopped parsley to taste
- Spring onion minced to taste
- 2 tbsp wheat flour
- Salt to taste
- Black pepper to taste
- 4 diced carrots
- 4 diced turnips
- 6 baby potatoes
- 200 g frozen peas or pods cut into pieces
- 800 g or 2 cans of peeled tomatoes

Preparation:

1. Cut the Buffalo chuck or outside flat into large cubes.
2. Season with salt and pepper to taste.
3. In a deep pan heat the olive oil.
4. Brown the meat on all sides.
5. Add onion and garlic to the browned meat.
6. Allow to fry with the pan uncovered over low heat.
7. Sprinkle the wheat flour and fry for a few more minutes and stir constantly.
8. Then add the peeled tomatoes.
9. Cover the pan and let it simmer for 1 hour.
10. Then add the carrots first and then the turnips and after 20 minutes add the baby potatoes and the peas.
11. Add parsley e spring onion to taste.
12. Stir and simmer until the potatoes are cooked.
13. Serve hot with the pasta of preference or Jasmine rice.