

## Boiled beef (For 4 Person)

Meat                    1 boiled beef (shoulder  
                                  of veal)

Vegetables            1 onion  
                                  1 carrot  
                                  80 g leek  
                                  50 g celery  
                                  ½ tomatos

Condiments        ½ bay leaf  
                                  1 parsley  
                                  crushed peppercorns  
                                  salt



- Bring the water to boil in a cooking pot, the meat, the bay leaf, the parsley and the crushed peppercorns, but the halved, on a pan browned onion and the salt into the cooking pot.
- Cook the meat until becomes soft.
- Give the vegetables (tomato, carrot, leek, celery) 1 hour before cooking end into to the pot and let them cooking.
- Serve the sliced beef with the vegetables.

Cooking time:                    2-2 ½ hours

### Recommendation

- As a side dish you can serve roasted potatoes, steamed cabbage, butter beans, cooked cauliflower, and horseradish and salsa Verde.