

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.

