

Fancy some beef?

Natura-Beef ragout in chocolate-balsamic sauce



Ingredients for 4 persons

- 800 g stew meat
- 1 large onion
- 1 tbsp cooking butter
- Meat seasoning
- 1 tbsp tomato puree
- 1 tbsp flour
- 2 dl balsamic vinegar
- 4 dl stock
- 2 bay leaves
- 1 tbsp cranberry jam
- Salt and pepper
- 50 g dark chocolate

(Photo: www.ninamattli.ch)

Preparation

Finely chop the onion.

Sauté the meat on all sides in the cooking butter, then season. Add the onion and continue to cook briefly.

Stir in the tomato puree and fry, dust with flour and mix well.

Deglaze with the balsamic vinegar and fill up with the stock. Add the bay leaves.

Cover and simmer at low heat for about 2 and a half hours.

Add the cranberry jam, season to taste and thicken the sauce with a little flour or corn starch if necessary.

Break the chocolate into small pieces and melt in the sauce, do not let boil again.

Recipe source: « Kathrins Natura-Beef Fleischküche ». Available (in German) in the [online shop of Suckler Cow Switzerland](#).