



Fissler Pressure cooker - Sicilian Beef Stew

Ingredients

1 cup Pancetta, cut into batons
1 tablespoon chopped Anchovies
1 teaspoon dried Chili Flakes
1kg diced King Island Round Steak
1 stick Celery, roughly chopped
1 Carrot, roughly chopped
1 Onion, roughly chopped
freshly ground Black Pepper
Sea Salt
1 Red Capsicum, deseeded & roughly chopped
5 cloves Garlic, roughly chopped
½ cup Pitted Black Olives
2 x 400g tins whole peeled Tomato
¼ cup Olive Oil
1 tsp Cumin Seed
1 cup Basil Leaves
2 tablespoon Tomato Paste
1 cup Red Wine

Directions

Place celery, carrot, onion, capsicum, basil, garlic & olives into a food processor and pulse for 4-5 seconds. Scrape down sides and pulse for another 2 seconds. The vegetables should be chopped but not pureed. Reserve for latter use.

Heat oil in Fissler pressure cooker.

Add pancetta and cook for 3-4 minutes or until it starts to brown then add cumin seed & chili flakes and cook for 1 minute.

Add vegetables and cook for 5 minutes until softened, then add tomato paste and cook for 1 minute.

Add diced beef, tomato, red wine, salt and pepper. Bring to boil, seal with lid and turn heat up high until indicator rod show second ring.

Adjust heat to low and cook for 45 minutes. Turn off heat and depressurize.

Serve on creamy polenta.

Find recipe on our web site www.lekitchen.com.au