



sharing our Greek culinary heritage

Ruth Bardis' Sofigado

*A dish from the Ionian Islands, featured in Ruth's cookbook
"Beyond the Greek Salad"*

You will need...

3/4 cup EVOO, divided
1 kg beef (blade), cut into bite-sized pieces
2 medium brown onions, diced
2 cups tomato puree
3 sprigs rosemary
5 peppercorns
3 allspice berries (pimento)
Salt and pepper to taste
1 kg quinces, peeled and cut into quarters or eighths
150 ml petimezi (grape must)
Water

Preparing the meat

- In a large, heavy-based pot, heat 1/2 cup EVOO
- Add the meat, browning on both sides – do this in batches so as not to crowd the pot, otherwise the meat will boil and not brown sufficiently
- Place all the browned meat back into the pot, add the onions, and sauté until soft – about 5 minutes
- Add the tomato puree, rosemary, peppercorns, allspice, salt and pepper
- Ensure the liquid is covering the meat, if not, add more water
- Allow the meat to simmer on low for 50 minutes

Preparing the quinces

- In a separate sauté pan, heat remaining ¼ cup EVOO
- Add the quinces and cook for 5 minutes – till they brown and soften a little
- Stir together the grape must and half a cup of water; pour this over the quinces; cover and cook for a further 5 minutes.
- Add the quince pieces and all their juices to the pot with the simmering beef, gently combine
- Reduce heat, cover, and simmer for an additional 25 minutes or until the meat is falling apart, quinces are soft, and sauce has thickened.

Serving the sofigado

- Serve with mashed or fried potatoes
- Kali Orex!