

taste it, **love it**



A delicious SPARTA Beef Recipe

Rump steak pot pie served with roasted root vegetables (10 portions)

Ingredients

800 g Potatoes
Seasoning
100 g Butter
2 kg Rump tail
60 ml Olive oil
115 g Tomato paste
60 ml Red wine vinegar
500 ml Red wine
20 g Brown sugar
15 ml Ground cumin
5 ml Allspice
20 g Garlic cloves
5 g Bay leaves
Seasoning
1 kg Onions
300 g Button mushrooms
50 g Beetroot
50 g Leeks
50 g Onions
50 g Butternut
10 g Garlic
50 g Carrots
Salt and pepper
60 ml Olive oil
1 Rosemary sprig

Preparation

1. Boil the potatoes in water until cooked. Mash and season to taste.
2. In a pot, fry onions, garlic and spices, add the rump tail in olive oil and fry until brown on all sides.
3. Add the tomato paste, red wine vinegar, red wine, brown sugar, salt and pepper.
4. Let it simmer over low heat for 2 hours until the meat is tender.
5. Dish up in a portion size bowl and cover with mashed potato.
6. Bake in oven at 180 °C until golden brown.
7. Boil the beetroot in salted water until soft. Cut all the vegetables in large pieces and season with salt, pepper, olive oil and garlic. Add the cooked beetroot to the other vegetables, sprinkle with chopped rosemary and roast in the oven for 45 min at 200 °C.
8. Serve with roasted vegetables.

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