Ragoût de Boeuf 法國燴牛肉

Serve 2   Prepare time 20   cooking time 11/2hours

Ingredients:

2lb beef hanger cut into 2" cube
2 tablespoon Oyster sauce
1 tablespoon sugar
2 tablespoon tomato Paste
1 teaspoon cooking oil
4 clove garlic
2 cups beef broth
1 small potato cubed
6 baby carrot
1 pin Thyme and rosemary
¼ cup red wine

配料：

2 磅牛肉切成 2 英寸的立方體
2 湯匙蠔油
1 湯匙糖
2 湯匙番茄醬
1 茶匙食用油
4 瓣大蒜
2 杯牛肉湯
1 個小土豆塊
6 個小胡蘿蔔
百里香和迷迭香
¼杯紅酒

Cooking Method:

1. Marinated beef with oyster sauce and sugar for at least ½ hour.
2. Preheat pot with high heat add oil and garlic, cook until garlic just turn brown add tomato paste and quickly stir for a minute, add marinated beef , sear all the beef and then add 2 cups beef broth, bring broth to boiled, turn heat to low simmer for ½ hour or until beef 80% tender
3. Turn heat back to high add potato and carrot, cook for about 15 minutes then pull red wine and thyme and rosemary keep cooking until all ingredients are soft.

烹飪方法：

1. 醃製的蠔油和糖醃製牛肉至少½小時。
2. 用高火預熱鍋，加油和大蒜，煮至大蒜剛剛變成棕色，加入番茄醬并快速攪拌一分鐘，加入醃製的牛肉，將所有牛肉燒熟，然後加入 2 杯牛肉湯，將湯煮沸，翻身 加熱至小火煮½小時或直至牛肉 80%嫩
3. 轉回高溫，再加入土豆和胡蘿蔔，煮約 15 分鐘，然後加入紅酒，百里香和迷迭香，繼續煮至所有食材變軟。