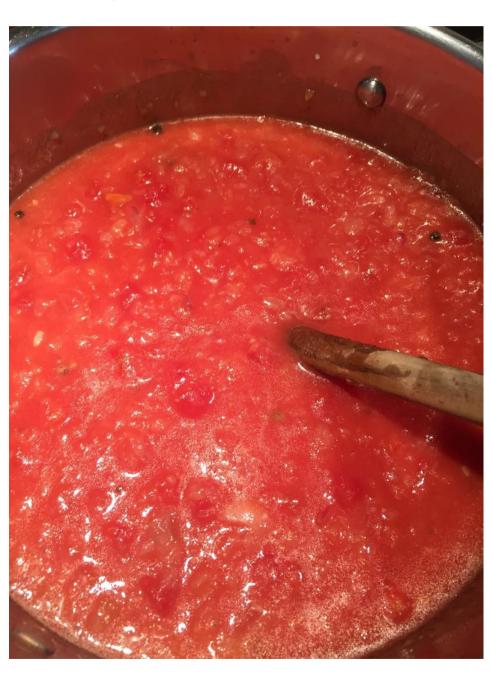
YIAYIA ELENI'S PSEFTOROSTO GREAT-GRANDMOTHER ELENI'S 'FAKE ROAST'



This recipe has been passed down from my maternal great-grandmother to my grandmother, to my mother, and to me. I will hand it down to my daughter, too...and sons! I don't know if it originated further back, but it started during the war when meat was scarce, so they had to make do with a 'fake roast' on Sundays, by using homemade beef stock or, in more recent years, a ready-made beef stock cube. It is a recipe that always takes me back to my childhood and, thus, I absolutely love it! I hope you enjoy it half as much as I do!

You can also make it using vegetable stock, (hence it being in the Vegetarian section), it tastes just as wonderful, but the original was made with beef.



INGREDIENTS

- 1 k onions, grated or very *very* finely chopped
- 4 cans diced tomatoes, pressed with a potato masher
- 1 cup water, warm
- 100g butter (or olive oil)
- 1 beef stock cube, or homemade beef stock (or 1 vegetable stock cube)
- 5-10 whole black peppercorns
- 1 bay leaf
- Peel of one orange
- Peel of one lemon
- Salt to taste

• A pinch of sugar

METHOD

- 1. Peel and blend the onions in a food processor, if you have one. If not, then grate them as finely as you can.
- 2. Strain the onions in a sieve to discard all the juices.
- 3. Add the butter in a pot and let it cook until it's a light golden-brown colour. (Alternatively, if you want to make this dish suitable for vegans, use olive oil instead of butter.)
- 4. Add the grated and strained onions, and stir until they're transparent.
- 5. Add the tomatoes and stir.
- 6. Throw in the orange peel, the lemon peel, bay leaf and peppercorns.



- 7. Pour in the warm water.
- 8. Add the beef or vegetable stock cube.
- 9. Add salt to taste and a pinch of sugar.
- 10. Stir and reduce until it's a sauce.

11. Once done, pour ove Parmesan, and enjoy!	boiled	pasta	and	stir.	Sprinkle	some	grated
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