

**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.

Yields:

8 servings

Prep. Time:

0 hours **10** minutes

Cook Time:

0 hours **45** minutes

Total Time:

0 hours **55** minutes



Up to **3** months



Suitable from **8-10** months



Suitable for vegans, if using a vegetable stock cube

& olive oil instead of butter



Suitable for vegetarians, if using a vegetable stock cube

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 over boiled pasta and stir. Sprinkle some grated Parmesan, and enjoy!

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