

# Oven-Baked Stew



This recipe is excellent for each occasion because you do not have to stay in the kitchen half of the day to prepare dinner for your guests. Besides, you can choose your favourite taste of this stew, but I will state this down as advice. I would call this Party Stew because of its quantity.

## **INGREDIENTS :**

500 g of mixed minced meat ( you can use beef as well )

500 g of beef – for goulash

500 g of pork – for goulash ( you can use veal, too )

500 g of smoked pancetta

500 g of green bell pepper

500 g of yellow bell pepper

500 g of red bell pepper

500 g of onion

100 ml of oil ( for frying )

## **FOR THE SAUCE :**

1 kg of peeled tomatoes ( tinned chopped tomatoes )

700 ml of cooking cream

500 g of Arrabbiata sauce ( from the jar)

400 g of Tikka Masala sauce (from the jar)

25 g of salt

15 g of sweet red pepper (spice)

1 g of pepper (ground)

3 g of Kayan pepper – not obligatory ( spice )

2 g of curry (spice)

### **PROCEDURE :**

1 . cut the meat into cubes, as for goulash ...

2 . cut the pancetta to cubes or strips ...

3 . cut the onion to cubes and chop the bell-peppers to bigger cubes ...

4 . put all the above-mentioned ingredients for the sauce into a bowl and mix whisk well ( leave the ready sauce aside for a while ) ...

5 . heat the oil in a big pot or baking tray and add onion and fry it shortly ca. 3 – 4 minutes ...

6 . add pancetta and minced meat and stew together for ca . 5 minutes ...

7 . take the pot away from the oven and add other meat, bell-peppers and sauce ...

8 . mix well to enable all the ingredients to get homogenous ...

9 . cover the pot and put it into the oven preheated to 180 degrees for exactly 2 hours to cook lightly ...

### **NOTES AND ADVICE :**

- 1 . For this amount you need a really big pot or baking tray.
- 2 . Make sure that the pot is suitable for the oven, the pot must not have any parts made of rubber or plastic.
- 3 . There is no need to take your dinner out of the oven and stir it, while it is being cooked.
- 4 . If you want to prepare this dish for you and your family, use half of the ingredients.
- 5 . The stated amounts are large and they are suitable for ca. 12-15 people and for every occasion.
- 6 . With this stew you can serve only bread, which is quite sufficient if you ask me, but if you want to, you can serve gnocchi, spaetzle, potato dumplings or bread dumplings etc...
- 7 . Tikka Masala and Arrabbiata are not obligatory sauces and this is what I like in this recipe, which means that you always make the same stew and it always has a different taste or you always use your favourite sauce – it's up to you.
- 8 . Instead of Tikka Masala and Arrabbiata sauce, you can use Schaschlik sauce, Zigeuner sauce, Chili sauce, Mexican sauce, Jäger sauce, etc. ... simply choose your favourite sauce or two, as I do.
- 9 . If you choose only one sauce, make sure that the total amount of the sauce is 900 ml.
- 10 . Different sauce types are packed in jars and can be bought in the shops like Interspar, Kaufland, Lidl, etc



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