KALI OREXI

sharing our Greek culinary heritage

Fofi's Stifado Me Manitaria

This recipe of Mushroom and Shallot Stew is shared by Fofi Nikolaides from the family of Ladi Biosas @ladi_biosas, Kalamata, South Peloponnese

You will need...

100ml organic extra virgin olive oil, Ladi Biosas (EVOO)
500g whole shallots, peeled
2 garlic cloves, thinly sliced
1/3 teaspoon ground cloves
1/3 teaspoon ground cinnamon
1 teaspoon dried rosemary
3-4 bay leaves
400ml tomato purée
1 tablespoon tomato paste
1 soup-spoon Greek honey
Salt and pepper to taste (I used 2 teaspoons of table salt)
100ml red wine
250g mushrooms, thickly sliced (I used swiss-brown mushrooms)
Extra EVOO for drizzling at the end

Preparing the stifado me manitaria

- In a large pot heat the EVOO on medium heat
- Add the shallots to the pot and cook till they brown a little
- Add the garlic and cook for 1-2 minutes
- Add the ground cloves, ground cinnamon, rosemary, bay leaves, tomato purée, tomato paste, Greek honey, salt and pepper, stirring carefully (so shallots do not fall apart)
- Cook on medium heat for 5 minutes

• Add the wine and mushrooms and reduce the heat to a simmer. Place a lid on the pot and cook for about 30 minutes, stirring occasionally, until the shallots soften

• Turn the heat off and drizzle the stifado generously with more EVOO (this will intensify all the flavours)

Serving the stifado me manitaria

• Serve with crusty fresh bread and a glass of your favourite wine. Kali Orexi!

Recipe serves 4