

Kokkinisto - Κοκκινιστό (kokkinisto)



Kokkinisto is technically a method of preparation that creates a 'reddened' colour to the meat of the stew due to it being browned before being cooked in a delicious tomato and red wine sauce. This stew isn't just limited to beef either. Traditionally, the sauce can be used for chicken, beef, pork, veal, and lamb.

SERVES	PREP	COOK	TOTAL	CUISINE
Serves 4-6	25 minutes	2 hours	2 hours 25 minutes	Greek

Ingredients

- 1.2 kg (2 lb 10 oz) beef chuck or stewing beef, cut into 4 cm (1 1/2 in) pieces
- 2 tbsp plain flour
- 2 tbsp olive oil
- 2 large onions, finely sliced
- 3 garlic cloves, finely grated
- 250 ml (9 fl oz) dry red wine
- 2 tbsp tomato purée
- 400 g (14 oz) tinned chopped tomatoes
- 500 ml (17 fl oz) hot beef stock
- 1 cinnamon stick
- 2 bay leaves
- 1 tsp dried oregano
- 1 tsp fine sea salt, plus more to taste
- 1/2 tsp freshly ground black pepper
- 1 tsp red wine vinegar



- 1 tbsp flat-leaf parsley, finely chopped, to finish

Method

1. Season the beef with salt and pepper, then dust lightly with the flour, shaking off any excess. This thin coating will help the meat brown and later give the sauce a little body.
2. Heat the olive oil in a large heavy casserole over medium-high heat for 2 minutes. Brown the beef in batches for 6-8 minutes per batch, turning to colour it well on all sides; transfer to a plate as each batch is done.
3. Reduce the heat to medium and add the onions to the same casserole. Sweat for 10-12 minutes, stirring often, until soft, glossy and just beginning to turn golden at the edges.
4. Add the garlic and cook for 1 minute, stirring, until fragrant but not coloured.
5. Stir in the tomato purée and cook for 1-2 minutes, until it darkens slightly and loses its raw taste.
6. Pour in the red wine and deglaze the pan, scraping up any browned bits from the base. Simmer over medium heat for 4-5 minutes, until reduced by about half and the sharp alcohol smell has eased.
7. Add the chopped tomatoes, hot stock, cinnamon stick, bay leaves, oregano, salt and black pepper. Bring to a gentle simmer over medium-high heat, then return the beef and any juices to the casserole.
8. Cover with a lid, reduce the heat to low, and cook at a bare simmer for 1 1/2 to 2 hours, until the beef is very tender and the sauce is thick, glossy and deeply red. Stir occasionally and add a splash of water if it looks too dry.
9. Remove the lid for the last 10-15 minutes if needed, to reduce the sauce until it lightly coats the meat rather than pooling around it.
10. Stir in the red wine vinegar, then taste and adjust the seasoning. Rest off the heat for 10 minutes before serving, so the flavours settle and the sauce tightens slightly.

To serve

Serve the kokkinisto in shallow bowls or on wide plates with the sauce spooned generously over the meat. It is excellent with mashed potatoes, thick-cut fried potatoes, rice or pappardelle, with crusty bread and a simple green salad; a medium-bodied red wine suits it well.

