

Take away Stew

Ingredients

340 g flour 1 tablespoon baking bread 2 tablespoons granulated sugar
25 g of butter (for bread) 75 ml of water 100 ml of milk 2 egg yolks 1
box of cherry tomatoes Cirio 500 g of calf 4 tablespoons olive oil 1 knob
of butter 1/4 onion 1 teaspoon ground ginger 1 tsp turmeric 1 teaspoon
of chopped parsley 400 g of potatoes 250 g of red cabbage salt pepper

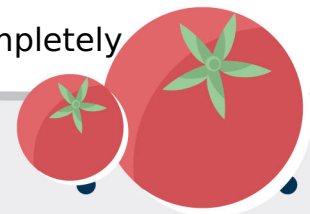
Preparation

For the bread:

1. Mix flour with baking powder, sugar and salt
2. Put the butter and water in a small pan and melt it all, then add milk and until the temperature reaches 50°-55°
3. Stir the liquid to dry ingredients, stirring quickly with a fork and add the egg yolks, one at a time, stirring constantly
4. Knead the mixture with your hands until dough is smooth, smooth and elastic
5. Create a ball and place in an oiled bowl
6. Cover with plastic wrap and let rest until it has doubled in volume
7. When the dough is ready divide it into 4 parts and form cylinders that you will put on a baking sheet covered with parchment paper
8. Sprinkle the rolls with a little 'flour, cover with foil and let stand for another hour or so. Preheat the oven to 220°
9. Brush the rolls with milk and bake for about 15 minutes until the surface is golden brown
10. Remove from the oven and let cool

For the stew:

1. In a pan, place the oil and butter and melt them completely





- making them warm
2. Add the meat into small pieces and brown
 3. Add the finely chopped onion, ginger, turmeric, parsley and cover with water
 4. Then add the tomatoes, coarsely chopped potatoes, cabbage coarsely chopped, salt and pepper
 5. Cook for an hour over low heat, adding water if the stew is too dry

Cut in half the sandwich and stuff it with the stew hot and a little sauce. Serve immediately!

