



BEEF WITH VEGETABLES

For 4 persons
Cooking time: 1h15

Ingredients :

- 600g beef French Roast
- ½ Tablespoon of steak spices
- 1 big onion or 2 small onions
- 3 carrots
- 2 big potatoes
- 1 Teaspoon of beef stock
- fines herbs*
- salt

Preparation :

Slice the beef and put in a 3l *CromoTanium* pot. Add the beef steak spice. Wash, drip, slice the potatoes and add on top of the beef. Do the same for the carrots and the onions. Add the beef stock, fine herbs and salt. Close the lid. Cook on a medium temperature and when temperature reaches 40°C, lower heat to low and cook until temperature reaches 100°C.

***Fines herbs** : Thyme and French shallots