

## Bauernschöpsernes (For 4 Persoon)

Meat 800 g shoulder of mutton

Vegetables 100 g onions  
500 g carrots

Another 2 tablespoon oil to fry  
1 tablespoon tamato paste  
¼ red wine  
¼ gallon meat soup

Condiments 2 hacked cloves of garlic  
1 bay leaf  
1 1 sprig each rosemary, sage, thyme  
pepper  
salt

- Cut the meat into 40 g pieces, season it with salt and pepper and sear in a hot pan in oil.
- Peel the onion and cut into large cubes and add to meat along with the garlic, fry, add the tomato paste, deglaze with red wine and a bit boiled down leave.
- Pour with the meat soup and covered in preheated oven and let it cooking for 1 hour.
- Peel the potatoes and cut them into 3 cm cubes, give the cubes to the oven with the other things. Let it cooking for other 20 minutes.
- Add the herbs and the cubes of tomato also together with the meat soup and let it cooking for 10 more minutes.
- Season with salt and pepper and serve

Cooking temperature: \_\_\_\_\_ 180 degree

Cooking time: total 1 ½ hour

### Tip

- Serve with steamed green cabbage are suitable, beans with bacon and coleslaw.

