

# Beef stew with cocoa



Food recipes  
Maison La Mauny

www.maisonlamauny.com

4 servings

800g of beef stew

1/2 teaspoon allspice

Mixed herbs

1 onion

1 garlic clove

2 branches of fresh thyme

1 part Allspices

40cl veal meat base

7cl Rum Maison La Mauny VO  
Signature du Maître de Chais

2 vegetarian chili peppers

2 cloves

1 teaspoon of pure cocoa

Water, salt, pepper

Hot chili pepper (optional)

Olive oil



30 minutes  
Marinate  
overnight



1 hour  
20 minutes



A simple but flavorfull recipe. Alliance of “péyi” cocoa and “péyi” rum, all Martinican. ”

Cut the meat into pieces and marinate overnight in rum, salt, pepper, allspice, 1 teaspoon minced onion and hot pepper finely minced;

Heat olive oil in casserole;

Brown meat pieces over open fire;

Add mixed herbs, minced onion, crushed garlic clove, minced hot chili pepper; mix and cook for 5 to 10 minutes until complete evaporation of water;

Add veal meat base, spices and thyme; cover and simmer over medium heat for 1 hour;

Add cocoa and correct seasoning if necessary; cook for another 10 minutes without covering in order to reduce the sauce;

Sprinkle with parsley and freshly minced spring onions before serving; serve hot with sautéed or steamed vegetables.



Pair it with a glass of our  
VO - Signature du Maître de Chais

Learn more about it on our website



See you soon on   [www.maisonlamauny.com](http://www.maisonlamauny.com)

Please consume alcohol responsibly