

*This is from "The Home Book of Greek Cookery," by Joyce M. Stubbs, London 1963, published by Faber, somewhat adapted by me!*

3 lbs of stewing beef, cut into serving pieces (ie, about the size of a large ice cube)  
3 lbs of small white onions (she says shallots or pickling onions) [They come frozen in the US; very handy.]  
½ pint of olive oil (I use much less)  
3 ripe tomatoes (I would use big American beefsteak tomatoes or about 6 plum tomatoes)  
1 dessertspoon of tomato paste (a big glob; you decide on the amount)  
1 wineglass of red wine (you decide on the amount)  
½ wineglass of wine vinegar (needed for the tang, but don't overdo it)  
4 cloves of garlic  
2 bay leaves  
1 small cinnamon stick  
A pinch of cumin  
Salt and pepper (I always omit salt; people who want it can add it at the table)

Method:

Brown the meat (lightly, she says; I would brown it much more but perhaps only on one side) in half the olive oil. I'd say use as little oil as possible. Put into an earthenware casserole or ovenproof dish and barely cover with hot water (which she never mentions until now) and stew gently for an hour.

Reduce the tomatoes to a puree. Add them, the onions, garlic cloves, bay leaves, spices, red wine, wine vinegar, and the remaining olive oil to the meat. Stir once with a wooden spoon, cover with a lid, and cook slowly for a further two hours, rocking the casserole every now and then instead of stirring, as the onions should remain whole. Allow to stand a little while before serving. [I would suggest putting it in the fridge and reheating it the next day. More flavor.]