

Classic Kalops with beef or pork / Swedish beef stew

6 servings

1 kg prime rib, or beefsteak *)
3 yellow onions
3 carrots
8 dl water
2 meat bouillon cubes
1 tbsp Japanese soy sauce or 3 tsp Chinese soy sauce
3 bay leaves
15 whole allspice grains
3 whole cloves
3 tbsp Cornstarch + 1 dl water
1.5 tsp salt
2 tsp white pepper
Optional Colorit (used to give food color)

Peel and cut the meat into bite-sized (3×3 cm) pieces.

Roughly chop the onion.

Peel and cut the carrots into 3-4 cm long pieces.

Brown the meat, onion and carrots in butter in a cast iron pot.

Add water, broth, soy sauce and spices.

Let the meat simmer under a lid over low heat for about 1.5-2 hours until the meat is tender.

Gently stir the pot a few times during cooking.

Stir the cornstarch into 1 dl cold water and skim off the fat.

Optionally add a splash of Colorit.

Season with salt and pepper.

*) It is also possible to use leftover pieces of pork, e.g. ham, loin, pork shoulder, etc.