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CONTACT

Hellenic Restaurant:
631 477-0138
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Stifado -Greek Stew

- 4 lbs. Meat of choice (bone in)
- 3 XLG Sweet Spanish Onions
- 1.5 lbs. Pearl onions
- 375 ml. Red table wine
- 1.5 tbsp. [Organic Rosemary](#)
- 3 Organic [Cinnamon Sticks](#)
- 1 tbsp. [Organic Black Peppercorns](#)
- 4 [Organic Bay Leaves](#)
- 2 tbsp. [Celtic Sea Salt](#)
- 1 [Cup Avocado Oil](#)
- 1 cup [Organic Crushed Tomatoes](#)

preparation instruction, watch the video on YouTube:

[The Ultimate Greek Stew – Stifado](#)

Youtube.com/AwareHouseChef

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