

Fiche pour l'axoa de veau / veal axoa from the Basque country in the South-West of France.



Ingredients for 4 people :

1kg of veal shoulder

1 red peper

1 onion

8 green chili pepers

1 garlic clove

Oil

Laurel

Parsiley

Thyme

Salt

Hot chilli pepper from Espelette

Easy to cook 10 minutes of preparation, one and a half hour to cook

First you have to mince the garlic and the onion, and then you must clean all the pepers from its seeds and cut them as little dices.

Brouwn them in a pan with the oil for about 10 minutes, add the meat already diced with the laurel, the parsiley, the thyme the salt and the Espelette chili peper.

Then you must make it saute for about 5 minutes and then add a glass of hot water or some meat soup.

Then you must let it cook covered for 45 to 60 minutes in a casserole and 10 minutes before the end you shall unccover it.

You can serve it with some rice if you like.