



Beef sticks with celery and grilled tomatoes

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Mix the meat with the barbecue spice in a bowl.  
Fry all round for four minutes, deglaze with red wine.  
Cook for another 30 seconds, then keep warm.

Blanch the celery for 2 minutes in boiling salted water,  
drain.

Sweat the onions in butter, add all the other  
ingredients, continue to cook for a few minutes and  
season to taste.

### Beef sticks:

600 g tenderloin of beef,  
without tendons, cut into  
1.5 cm square strips  
3 tbsp soy sauce  
2 tbsp barbecue spice  
3 tbsp cooking oil  
40 ml red wine

### Celery/tomatoes:

200 g celery, washed,  
cut into 4 cm pieces and  
halved lengthways  
500 ml water  
salt  
100 g onions, peeled and  
roughly chopped  
30 g butter  
400 g cherry tomatoes in  
different colours  
1 tbsp acacia honey  
salt/pepper