



HEARTY BEEF STEW

SERVINGS: 6-8

ACTIVE TIME: 45 mins.

TOTAL TIME: 2.5 hrs.

When it's cold outside, for my money there is little better than a hearty stew. Throw in some toasted sour dough bread and we're bordering on last meal territory. Open a bottle of red, give half of it to the stew, half of it to yourself and sit back and let the magic unfold. Give yourself the gift of beef stew, you deserve it.

Ingredients

- > 3 lbs. stew beef (or half beef, half pork), cut into 1 inch cubes
- > 4 medium russet potatoes, peeled and cut into half-inch cubes
- > 2 large carrots, peeled and sliced into rings
- > 3 ribs of celery, diced
- > 1 16 oz. bag of frozen pearl onions, thawed (or fresh if you can get them)
- > 1 12 oz. bag of frozen sweet peas, thawed
- > 2 cups red wine, pinot noir or shiraz recommended
- > 2 36 oz. containers of beef stock
- > 3/4 cup all-purpose flour
- > 6 Tbsp butter
- > 6 sprigs of fresh thyme or 1 Tbsp of dried thyme
- > 2 Tbsp minced garlic
- > 2 bay leaves
- > 1 tsp crushed red pepper
- > Salt and pepper to taste

Directions

1. Take 1/2 cup of the flour and put into a shallow dish, reserving 1/4 cup for later. Coat the cubes of stew beef in the flour and dust off to remove any excess flour. Working in batches, sear all sides of the beef in a hot dutch oven over high heat. Set seared cubes aside.
2. Reduce heat and melt butter. Add garlic and remaining flour to the butter and cook on low for 3 minutes, being careful not to burn either. Deglaze the pan with the red wine, scraping the bottom of the pan for any bits.
3. Add beef stock, thyme, bay leaves, and crushed red pepper. Bring to boil.
4. Add beef, cover, and reduce to simmer over medium-low heat. Stew beef for one hour.
5. Uncover and bring heat to medium, allowing cooking liquid to reduce for 30 minutes.
6. Add potatoes and pearl onions, cook for 10 minutes. Add carrots and celery, cook for another 10 minutes. Finish with the sweet peas and allow stew to finish cooking for another 5 minutes or until all vegetables are at your preferred softness.
7. Spoon into bowl and serve with crusty buttered toast.



Shopping List

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| <input type="checkbox"/> 3 lbs. stew beef (or half beef, half pork) | <input type="checkbox"/> 12 oz. frozen sweet peas | <input type="checkbox"/> garlic |
| <input type="checkbox"/> 4 medium russet potatoes | <input type="checkbox"/> red wine (pinot noir or shiraz) | <input type="checkbox"/> bay leaves |
| <input type="checkbox"/> 2 large carrots | <input type="checkbox"/> 2 36 oz. containers of beef stock | <input type="checkbox"/> crushed red pepper |
| <input type="checkbox"/> 1 bunch of celery | <input type="checkbox"/> all-purpose flour | <input type="checkbox"/> salt |
| <input type="checkbox"/> 16 oz. pearl onions | <input type="checkbox"/> butter | <input type="checkbox"/> pepper |
| | <input type="checkbox"/> thyme | |