

RECIPE



RED WINE BRAISED BEEF STEW

INGREDIENTS:

4 lg.	carrots, chopped
3	stalks celery, chopped
2 lg.	garlic cloves, chopped
1 lg.	yellow onion, chopped
3	sprigs of fresh thyme
1	sprig fresh rosemary
1	bay leaf
1 c.	red wine
1 28oz	can of whole plum tomatoes
2 c.	beef stock
2 1/2 lbs.	beef chuck, cubed
1 c.	flour
	kosher salt
	freshly ground black pepper
4 tbsp.	olive oil, divided

DIRECTIONS:

Preheat oven to 325 degrees.

Start by mixing the flour, 1 tablespoon of salt and 1/2 tablespoon of pepper in a dredging plate or bowl with high sides. Combine well so that you see specks of the salt and pepper throughout the flour mixture.

Heat 2 tablespoons of olive oil in a large Dutch oven over medium-high heat. Dredge the pieces of beef in the seasoned flour and shake off the excess before placing in the pot. Work in batches so as to not crowd the pan. (NOTE: If there are too many pieces in the pan, the meat will steam rather than sear) Cook about 2 minutes per side until you have a nice brown crust on the outside. Take out and set aside.

Keeping the heat on medium-high, add 2 tablespoons of olive oil. Add the chopped onions, garlic, celery, carrots. Season with salt and pepper and cook, stirring occasionally, about 5 minutes. Sprinkle in 2 tablespoons of the seasoned flour over the vegetables and cook out until you can not see any white. The contents in the pot will look a bit muddy...but that is a good thing!

Add in the red wine to deglaze the pan, making sure to scrape up all the bits from the bottom and stir to combine the wine with all the vegetables. Let the wine reduce by half, about 4 minutes, then add in the plum tomatoes in their juices and slowly add the beef stock in, stirring to combine well. Bring to a boil and reduce to a simmer. Add the beef back in, making sure the beef is just covered by the liquid. Throw the sprigs of thyme and rosemary and the bay leaf on top.

Cover and place in the oven for 2 hours. Serve immediately over buttered egg noodles, mashed potatoes or polenta.

Serves 4

