

Classic Beef Stew

Emma Christensen - Tribune Media Services
Palm Beach Post

Servings: 6

This stew will keep refrigerated for one week or can be frozen for up to three months.

3 -4 pounds beef chuck roast, cubed
2 teaspoons vegetable oil, divided
2 medium onions, diced
3 stalks celery, diced
2 cloves garlic, minced
1 tablespoon tomato paste
2 tablespoons Worcestershire sauce, divided
3 tablespoons all-purpose flour
1 cup red wine
3 sprigs fresh thyme OR 2 teaspoons dried thyme
1 bay leaf
4 cups chicken stock
3 carrots, diced
1 1/2 pounds red bliss potatoes, cubed
1 cup frozen peas
salt and pepper
splash red wine

Preheat the oven to 300 degrees.

Sprinkle the beef cubes with salt and pepper. Warm a teaspoon of vegetable oil in a Dutch oven or heavy-bottomed stock pot over medium-high heat. Add a single layer of beef cubes. Cook without stirring for several minutes. After the cubes come loose from the bottom of the pan and develop a dark brown crust on the underside, stir and continue cooking until all sides are seared, 8 to 10 minutes total.

Transfer the seared meat to a clean dish and continue searing the remaining beef in batches. A dark coating should start to form on the bottom of the pan. If it starts to smell smoky at any time, dissolve it with a little water or broth and pour it over the seared meat.

Once the meat is seared, turn the heat to medium and add another teaspoon of oil. Cook the onions and celery until the onions are soft and beginning to brown, 8 to 10 minutes.

Add the garlic and cook until fragrant, about 30 seconds. Stir in the tomato paste and one tablespoon of Worcestershire sauce to coat. Add the flour and cook 1 more minute.

Turn up the heat to medium-high. Pour in the wine and scrape the dark brown coating off the bottom of the pan. Continue cooking until the wine has slightly thickened.

Add the seared meat, thyme sprigs, bay leaf and broth to the pan. Bring to a simmer.

Cover the pot and place it in the oven. Cook for 1 1/2 hours.

Stir the potatoes and carrots into the stew and continue to cook, covered, for another 45 minutes. When done, the meat should be completely tender and the potatoes cooked through. If they are not, recover the pot and cook in additional 15 minute intervals until cooked.

To finish, add the peas, the second tablespoon of Worcestershire sauce and a splash of red wine. Remove the thyme stems (the thyme itself will fall off into the stew) and bay leaf.

Taste and add salt and pepper as needed.

If the broth seems thin, let the stew simmer for a few minutes on the stovetop.

Per Serving (excluding unknown items): 2020 Calories; 143g Fat (66.4% calories from fat); 146g Protein; 17g Carbohydrate; 3g Dietary Fiber; 525mg Cholesterol; 2041mg Sodium. Exchanges: 1/2 Grain(Starch); 20 1/2 Lean Meat; 1 1/2 Vegetable; 15 1/2 Fat; 0 Other Carbohydrates.