

*Eating is good ... Cooking is better! ... some crumbs from Cat Morris*

## **Beef Stew**

Here's last night's recipe but feel free to improvise with what ever you have in the pantry!

### **Ingredients**

2 ½ lbs. stew beef  
Olive oil  
1 large onion -peeled & cut into large chunks  
4 cloves garlic - peeled and smashed  
2 russet potatoes - peeled & cut into large chunks  
2 large carrots - peeled & cut into large chunks again  
1 medium sized bulb celeriac (celery root) - once more, peeled & cut into large chunks  
1 large box of mushrooms - small ones left whole and large ones cut in half  
3 bay leaves  
2 tsp. rosemary - crushed if using dried and minced if using fresh  
½ bottle of a full bodied red wine - last night I used a 2002 Le Grange Clinet  
2 - 4 cups stock - you can use a good low sodium beef stock but I use mushroom stock  
1 - 2 tsp. of tomato paste  
2 - 4 Tbs. flour  
Salt and freshly ground black pepper to taste



### **Method**

- 1) Sear the meat in a little olive oil in the pot so it gets nice and caramelized and remove it.
- 2) Add the onions and garlic to the same olive oil and sauté till they get a little color.
- 3) Add the meat back in with all the veggies the bay leaves, rosemary, wine and stock. The whole wine /stock thing is this - you want to fill the pot with enough liquid to cover everything. It's not an exact measurement here. You can use more stock then wine or vice versa.
- 4) Cover and bring to a full boil and then reduce the heat and let it simmer at least an hour. I let it go for about three hours last night.
- 5) Season with salt and pepper to taste
- 6) About 5 - 10 minutes before you're ready to eat mix the flour and the tomato paste together in a small bowl and ladle in some of the hot broth. Whisk this together till there are no lumps and the consistency is more liquidy then dry. Pour this mixture back into the stew and stir till it starts to thicken. Again, the best way to figure this out is to start with a little of this mixture and keep adding more till the stew is the consistency you like. Be patient. The flour is cooked by mixing it with the hot liquid before you add it to the stew pot, so make sure you do it this way. If you add raw flour directly to the pot it will taste nasty.

Hope you give this a try. It's great to do on the weekend when you have a bit more time to putter in the kitchen and it only gets better with age!

Photo courtesy of Martha Stewart Living