

Cabernet Beef Stew from KellyintheKitchen

INGREDIENTS

1 - 1/2 lbs stew beef, cubed
1/2 cup potato starch flour (all-purpose flour will work, too, but you'll need a bit more of it)
salt and pepper
olive oil
4 carrots, peeled and sliced
3 stalks celery, washed and sliced
1 small sweet potato, cubed
1 medium onion, chopped
3 bay leaves
2 cloves garlic, minced
1/2 bottle of cabernet sauvignon*
2 cups stock (I used homemade chicken stock)
1 tbsp Worcestershire sauce
3 canned whole tomatoes, chopped, plus a tbsp or two of canning liquid
2 sprigs fresh rosemary (or about 1 tsp dried rosemary)
1 tsp paprika
1 cup frozen peas
marjoram, for garnish

*Note: the flavor of the cabernet sauvignon is quite strong here. If that doesn't sound good to you, I recommend cutting back to about a quarter bottle of wine.

DIRECTIONS

In a mixing bowl, stir together potato starch flour, salt, and pepper. Drop a few pieces of meat in at a time and toss to coat. Shake off the excess and set aside, until all the meat is coated in flour.

Heat a Dutch oven or other large pot over medium high heat and add olive oil. Working in batches, brown the meat on all sides. Remove the browned meat from the pan and set aside.

Preheat oven to 300 F.

Add carrot, celery, sweet potato, and onion to the Dutch oven, along with

bay leaves. Cook about 8 minutes, stirring occasionally.

Add garlic and cook two more minutes. Remove vegetables from the pan and set aside.

Pour red wine into the pan, along with the rosemary and paprika, and stir to deglaze, making sure to loosen all the brown bits from the bottom.

Add stock, Worcestershire sauce, and tomatoes. Then add the meat back to the pot, followed by the vegetables.

Give it a stir, cover the pot, and bring to a low boil. Then place it in the oven and cook for 2-3 hours, until the meat is fall-apart. If your stew is boiling too actively, turn the heat down to 275F, to keep it at a low bubble.

Once the stew is done cooking, remove from the oven and stir in frozen peas and re-cover the pot. They'll defrost and cook in the heat of the stew.

Serve with warm, crusty bread, and if you like, sprinkle a bit of marjoram on top.