



Savoir Pair

Savory Beef Stew (serves 6)

(Nothing better than stew on a cold night. I use any homemade stock I have - which is usually chicken stock. But it's also delicious with beef stock, or a mixture of the two. The recipe is easily adaptable to any root vegetables you have available too – can also add or sub sweet potatoes, or parsnips.)

2 tablespoons olive oil

1 large onion, small dice

1 shallot, small dice

¼ cup tomato paste

6 garlic cloves minced or pressed

1 tablespoon minced fresh thyme or 1 teaspoon dried

1/2 cups all-purpose flour (divided)

1 teaspoon onion powder

1 teaspoon garlic powder

2 cups chicken broth (homemade always preferred), plus extra as needed

1 cup beef broth

1/3 cup low sodium soy sauce

3 tablespoons Worcestershire sauce

2 bay leaves

1/8 teaspoon red pepper flakes, or to taste

1 ½ lbs beef stew meat (beef chuck or round cut into 1 ½-inch chunks)

Salt and pepper

1 ½ (about 6-8 small) red or yellow potatoes, scrubbed and cut into chunks (usually 2 inch chunks)

½ lb carrots (about 3 large), peeled, halved lengthwise and sliced into large chunks

1 cup frozen peas

Fresh parsley, finely chopped

1. Brown meat: Dredge the stew meat in a mixture of ¼ cup flour, 1 teaspoon onion powder, 1 teaspoon garlic powder, and ½ teaspoon salt and ¼ teaspoon pepper. Heat 2 tablespoons oil in heavy high-sided stockpot until shimmering, and add meat and brown on all sides, approximately 7-8 minutes. Remove browned meat with a slotted spoon and set aside on a separate plate.
2. Make braising liquid/gravy: Add chopped onions and shallots to the pot (keeping oil and fat rendered from beef browning in pot) and sauté for about five minutes until onions start to soften. Add garlic, thyme, and tomato paste and cook an additional minute. Add the additional ¼ cup flour and cook for one minute, just to cook the flour and make a slurry/paste. Slowly whisk in 2 cups chicken broth, scraping up any browned bits from bottom of pan (brown = flavor), and smooth out any lumps. Add 1 cup of beef broth, the soy sauce, and the Worcestershire.
3. Cooking the stew: Add browned beef back into braising liquid, add in bay leaves, and red pepper flakes, if using. Braise meat over low heat (simmering, just below a boil) for approximately 45 minutes, stirring occasionally and making sure you have enough liquid in pot (can add additional chicken stock here as needed.) Add in potatoes and carrots to the pot and cook an additional 40 minutes (check to make sure potatoes and meat are both fork-tender.) Add in frozen peas in last 10 minutes.
4. Serving: Taste for seasoning now - the soy sauce and Worcestershire are both salty, as is store bought stock, so you must taste here to see if you need additional salt and pepper. I did.... I like to use small spoons to taste my sauces (linked below.) You can also add additional hot broth here to thin the stew consistency, if needed. I did not need more broth, as I prefer the stew on the thicker side. I then serve in shallow bowls and top with fresh parsley. I usually serve the stew with toasted bread, biscuits, or rolls. My family members are weird dunkers.

Tonight's wine pairing: approximately \$50 <https://www.b-21.com/2018-Chateau-Bellefont-Belcier/productinfo/FRBBME18AE/> - we found this at our local Costco, but you cannot buy wine online from them.

Other Favorites:

My most used Le Creuset

[Le Creuset® Signature 7.25-Qt. Ink Blue Enameled Cast Iron Dutch Oven + Reviews | Crate and Barrel](#)

My favorite tasting/condiment spoons

<https://www.crateandbarrel.com/caesna-mirror-mustard-spoon/s536741>

My favorite knife

[Amazon.com: Global 7" Hollow Ground Santoku Knife G 80: Home & Kitchen](#)

