

Parkers Beef Stew

Ina Garten's cookbook, *Back to Basics*

Adapted slightly from Ina Garten's recipe, 2008



2 1/2 pounds beef chuck, good quality, cut into 1-inch cubes

1 bottle red wine (750 ml) like a Zinfandel or Cabernet

2 whole garlic cloves, smashed

3 whole bay leaves

2 cups all-purpose flour

1 tablespoon kosher salt

1 tablespoon fresh ground black pepper

4 tablespoons olive oil, as needed

2 large yellow onions, cut into 1-inch cubes

1 pound carrots, peeled and cut diagonally in 1-inch chunks

1 pound white mushrooms, stems discarded and cut in half

1/2 pound potatoes, small, halved

1 tablespoon minced garlic

14 1/2 ounces chicken stock

1 sprig fresh rosemary

1/2 cup sun-dried tomatoes, chopped

2 tablespoons Worcestershire sauce

More salt and pepper as needed to season

10 ounces frozen peas

Yield: Yields

Per Serving (excluding unknown items): 784 Calories; 40g Fat (46.1% calories from fat); 41g Protein; 64g Carbohydrate; 8g Dietary Fiber; 109mg Cholesterol; 1862mg Sodium. Exchanges: 3 Grain(Starch); 4 1/2 Lean Meat; 3 Vegetable; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

NOTES: Use a very hearty type red wine, like Zinfandel or Cabernet - the more full bodied the wine, the more full bodied the sauce/stew will be. I also added a 1-ounce packet of dried mushrooms to the stew, after rehydrating in hot water for about 20 minutes, chopped up, fluid discarded. I also used double the fresh mushrooms and half the amount of potatoes, so you can adjust to suit your family's preferences. The calorie count assumes you consume all of the flour, which you won't.

1. Place the beef in a heavy duty ziploc bag with red wine, garlic, and bay leaves and refrigerate overnight.

2. About 4 hours before you are ready to eat, remove bag from refrigerator and preheat the oven to 300°F. [I did mine at 275°F - see notes below under #11]

3. Combine the flour, 1 tablespoon salt, and 1 tablespoon pepper.

4. Lift the beef out of the marinade with a slotted spoon and discard the bay leaves and garlic, saving the marinade. Blot the beef dry with paper towels.

5. In batches, dredge the cubes of beef in the flour mixture and then shake off the excess.

6. Heat 2 tablespoons of olive oil in a large pot and brown half the beef over medium heat for 5 to 7 minutes, turning to brown evenly. Place the beef in a large oven-proof Dutch oven and continue to brown the remaining beef, adding oil as necessary. (If the beef is very lean, you'll need more oil.) Place all the beef in the Dutch oven.

7. Heat another 2 tablespoons of oil to the large pot and add the onions, carrots, mushrooms, and potatoes. Cook for 10 minutes over medium heat, stirring occasionally.

8. Add the garlic and cook for 2 more minutes. Place all the vegetables in the Dutch oven over the beef.

9. Add 2 1/2 cups of the reserved marinade to the empty pot and cook over high heat to deglaze the bottom of the pan, scraping up all the brown bits with a wooden spoon.

10. Add the chicken stock, rosemary, sun-dried tomatoes, Worcestershire sauce, salt, and pepper. Pour the sauce over the meat and vegetables in the Dutch oven and bring to a simmer over medium heat on top of the stove.

11. Cover the pot and place it in the oven to bake it for about 2 hours, until the meat and vegetables are all tender, stirring once during cooking. If the stew is boiling rather than simmering, lower the heat to 250° or 275° F.

12. Before serving, stir in the frozen peas, season to taste, and serve hot. May sprinkle chopped Italian parsley on top if desired.