

# Beef Stew with Currant Jelly & Cream

Cherrie Sherman's recipe adapted from Wolfgang Puck, via Our House cooking school in San Juan Capistrano.



*Savory thick stew, slightly sweet.*

## BEEF & MARINADE:

4 pounds beef chuck, cubed 1-inch

6 ribs celery, coarsely chopped

6 large carrot, coarsely chopped

3 medium onion, coarsely chopped

1 1/2 cups dry red wine

2 whole bay leaves

1 tablespoon rosemary, chopped

1 tablespoon thyme, chopped

## STEW:

1/4 cup peanut oil

1/4 cup all-purpose flour

1/4 cup red wine vinegar

1/4 cup tomato paste

1 quart beef stock

2 cups button mushroom, cleaned & trimmed [my addition]

6 tablespoons currant jelly, red type

1/2 cup heavy cream

salt and pepper, to taste

*Serving Ideas: This would be great served in individual pots or small casserole dishes. Serve with a hearty red wine that can hold up to the sweetness of the stew.*

## Servings: 8

*Can be served with rice, pasta or even mashed potatoes to soak up the great sauce.*

1. THE NIGHT BEFORE: In a large bowl, toss together beef, celery, carrots, onions, wine, bay leaves, rosemary and thyme. Cover and refrigerate overnight, stirring a few times.
2. THE NEXT DAY: Drain meat & vegetables and save marinade and set aside. In a large, enameled cast-iron pot, heat 2 tablespoons oil until shimmering, add meat & vegetables in batches and cook over moderately high heat until lightly browned on bottom, transfer to large bowl. Repeat with remaining oil and meat/veggies. Return meat and veggies to pot, stir in flour and cook, stirring about 2 minutes. Add red wine vinegar and scrape up browned bits, add reserved marinade, tomato paste and simmer about 2 minutes. Add stock and red currant jelly, season stew and bring to boil. Reduce heat to low and simmer, stirring occasionally about 2 - 2 1/2 hours until meat is very tender.
3. Ten minutes before serving add the mushrooms. Just before serving, stir in heavy cream, season and simmer for just a minute to heat through.

---

Per Serving (excluding unknown items): 738 Calories; 48g Fat (61.7% calories from fat); 39g Protein; 28g Carbohydrate; 4g Dietary Fiber; 152mg Cholesterol; 1327mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>