

Spiced Beef Stew with Red Onions, Dried Cranberries and Shiitake Mushrooms

Phillis Carey recipe, 2005



Servings: 6

1. Combine flour, salt, spices and pepper in a plastic bag. Shake or toss beef in the mixture, coating pieces evenly; reserve any extra flour for later use.
2. Heat 1 T oil in a large skillet over medium-high heat. Add a third of the beef and cook until browned on all sides, stirring frequently, about 5 minutes. Transfer to a bowl. Repeat with remaining meat in batches, adding another T. of oil to skillet with each batch. Transfer meat to the bowl after it's browned.
3. Add another T. of oil to the skillet and add mushrooms plus a pinch of salt. Cook, stirring often, until mushrooms soften, about 4 minutes. Remove and add to beef in reserved bowl.
4. Add another T. of oil to a 5-quart Dutch oven. Add onions and cranberries. Cook until onions are soft and light brown, about 12 minutes, stirring frequently. Mix in sugar, vinegar and water. Increase heat to medium high and cook until onions brown, stirring frequently, about 5 minutes.
5. Add beef and mushrooms to onion mixture along with any remaining flour mixture. Mix in wine and stock; bring to a simmer, then cover and simmer until beef is tender, about 2 hours, stirring occasionally. Uncover stew during last 30 minutes of cooking if cooking liquid is too thin - or add a small amount of beef stock or red wine if stew is too dry. Taste for seasoning. Serve immediately with Italian parsley on top. Can be made a day ahead and reheated. A side of riced cauliflower or mashed potatoes would go well with the stew liquid.

- 3 tablespoons flour
- 1 1/4 teaspoons salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground black pepper
- 2 1/2 pounds chuck roast, boneless, cut into 1" cubes
- 5 tablespoons vegetable oil, divided use
- 1/2 pound shiitake mushrooms, stems removed and quartered or sliced
- 1 cup white mushrooms, chopped
- 3 cups carrots, julienned
- 1 large red onion, chopped
- 3/4 cup dried cranberries, [I used unsweetened]
- 2 tablespoons sugar, or sugar substitute
- 2 tablespoons red wine vinegar
- 2 tablespoons water
- 1 cup red wine, Pinot Noir or Merlot
- 2 cups beef stock
- Salt and freshly ground pepper to taste
- Italian Parsley for garnish (chopped)

Per Serving (excluding unknown items): 651 Calories; 26g Fat (36.1% calories from fat); 57g Protein; 45g Carbohydrate; 7g Dietary Fiber; 153mg Cholesterol; 889mg Sodium; 29g Total Sugars; trace Vitamin D; 107mg Calcium; 6mg Iron; 1568mg Potassium; 569mg Phosphorus. Exchanges: 1 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com