

BEEF AND ROOT VEGETABLE STEW

INGREDIENTS

6 tablespoon oil, divided
2lbs chuck beef, cut into 1-inch chunks
Kosher salt cracked
Fresh cracked black pepper
Flour, for dusting beef
1 stick unsalted butter, plus 2 tbsp.
1 cup carrots, scrubbed, 1/4-inch dice
2 cups onions, 1/4-inch dice
1/2 cup celery, peeled, 1/4-inch dice
1 teaspoon. chopped fresh or dried rosemary
1 teaspoon chopped fresh or dried thyme
½ tablespoon marmite
1 teaspoon Worcestershire sauce
2 cups Newman's port
5 cups beef stock
1 cup stewed tomatoes
1/2 cup turnips, peeled, 1/4-inch dice
1/2 cup parsnips, peeled 1/4-inch dice
1 bay leaf

DIRECTIONS

In a large saucepan, heat the oil over medium-high heat. Meanwhile, season the beef with the salt, dust with flour, place in the hot pan, and sear on all sides until nice and brown. Season with pepper and set aside.

If the oil is burnt, wipe out the pan and add more oil; if it is just brown, then it is perfect for the next step.

Next, add the butter to the pan, allow it to melt, and then add the carrots, onions, celery, and herbs. Sauté this mixture until the veggies start to brown, and add 1/2 tablespoon marmite and 1 teaspoon of Worcestershire sauce. Lastly, return the seared beef to the pot.

Add the port wine, bring to a boil, and immediately add the beef stock, tomatoes, turnips, parsnips and bay leaf. Bring the stew to a boil, decrease

the heat to low and allow it to simmer for at least 90 minutes, or until the beef is tender. Remove from the heat, remove bay leaf.