

# BEEF STEW

Every once and a while, I really crave a rich, hearty beef stew a la Julia Child. This stew is perfecting satisfying, fortifying, and comforting.

## Ingredients.

2 pounds stew beef  
1 quart beef broth  
several small cippolini onions, peeled and roughly quartered or 1 medium yellow onion, peeled and chopped  
1 large carrot, thinly sliced into discs  
red wine  
a few sprigs fresh rosemary  
a few sprigs fresh thyme  
2 tablespoons flour  
1 bay leaf  
3 garlic cloves, minced  
1/2 tablespoon tomato paste  
kosher salt  
freshly ground black pepper  
1 tablespoon butter  
vegetable or canola oil  
Italian parley, roughly chopped

## Directions.

Using paper towels, thoroughly dry each piece of stew meat and set aside. When all the meat is dried, sprinkle it with a bit of kosher salt and freshly ground black pepper.

Heat two tablespoons of vegetable or canola oil over medium high heat in a large dutch oven. Working in batches, brown the meat. Give them space and turn them to make sure all the sides are browned nicely. Remove from the pot and set aside. Repeat with the remaining meat.

Pour a couple tablespoons of beef broth into the pot and gently scrape up the all the brown bits (the fond) from the bottom of the pot. Pour this over the browned meat.

Preheat your oven to 325°.

Heat another tablespoon of oil in your pot, over medium-high heat, before adding the onions along with the thyme and rosemary sprigs. Sauté the onions until they are softened and on the verge of browning, 5-7 minutes. Meanwhile, heat 1 tablespoon butter in a separate frying pan until it starts to brown a bit around the edges, toss in the carrots and sauté until they are bright and vibrant in color, 3-5 minutes. Toss in the garlic and sauté for another minute. Add the carrots, garlic, and butter to the onions and stir to combine.

Return the meat and drippings to the pot, toss with the vegetables. Sprinkle in 2 tablespoon flour, stir it in thoroughly, and cook for 1-2 minutes before adding in 2 cups red wine, the rest of your

beef broth, the bay leaf, and tomato paste. Stir well. Cover with a tight fitting lid and place in the oven for 2 1/2-3 hours. Check at the 2 1/2 hour mark to make sure you have enough liquid... you want the broth to be nice and thick, gravy-like enough to really coat a spoon. If you're happy with it, pull it out, or leave it for another half hour. If it's still "soupy" you can remove the meat, onions, etc. and reduce the liquid on the stovetop for a few minutes.

Remove from oven, sprinkle with parsley, and serve alongside some crusty french bread or garlic bread.

**RECIPE BY KACIE MCMACKIN**  
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