

What's Cooking at CAB

With Chef Michael Ollier

Community experience

Author and journalist Ray Stannard Baker once wrote, "Talk of joy: There may be things better than beef stew and baked potatoes and homemade bread — there may be."

Community experience

What those might be, though, I can't imagine. Beef stew is one of autumn's most pleasing comfort foods. With its thick, rich broth and hearty chunks of root vegetables and tender beef, this recipe is about as close

to perfection as your favorite pair of faded old jeans. It's the perfect dish for a weeknight meal, or make it ahead and freeze for the next chilly day or family gathering.

Just something to stew over,
— Chef Michael

Classic Beef Stew

Ingredients

- 3 lb. CAB® chuck roast, cut into 1-in. chunks
- 1 Tbs. coarse kosher salt
- 2 Tbs. freshly ground black pepper
- 2 Tbs. vegetable or canola oil
- 2 large onions, large dice
- 3 large carrots, diagonally cut to 1-in. chunks
- 3 garlic cloves, chopped
- ¼ cup tomato paste
- ¼ cup all-purpose flour
- 2 cups red wine
- 2 cups beef stock
- 3 bay leaves
- 2 sprigs fresh thyme
- 3 lb. Yukon potatoes, peeled and cut into ½-in. chunks
- 1 Tbs. minced fresh rosemary
- 2 Tbs. minced fresh flat-leaf Italian parsley

Instructions

1. Remove top rack from oven and preheat oven to 325° F.
2. Season beef with salt & pepper. Put half of oil in a Dutch oven (or ovenproof heavy pot with tight-fitting lid) over medium-high heat. Just as the oil begins to smoke, add half of the beef evenly spaced. Brown on all sides and transfer to a plate. Add remaining oil, sear remaining beef; remove from pan.
3. Add onions, carrot, garlic and tomato paste. Stir over medium high heat, scraping brown bits from bottom of pan, 2-3 minutes. Add flour and stir to



- combine. Add red wine and continue simmering on medium low heat until syrupy, about 5 minutes. Stir in beef, beef stock, bay leaves and thyme. Bring to a boil, again scraping sides and bottom clean; put lid on Dutch oven and place in the oven. Cook for 1½ hours.
4. Add potatoes and rosemary and continue to cook until potatoes are tender, approximately one hour. If needed, add additional salt and pepper to taste. Serve with a garnish of fresh parsley.

Serves 8 (makes about 3 quarts).

Source: Recipe provided by the CAB® brand.