

Beef Stew with an Italian Twist

serves 6-9

Cooks notes: *The night before cooking this, be sure to marinate your beef. This dish may feel time consuming at first, so I highly recommend cooking this on a weekend. The bonus is the flavors get better as it sits, which makes dinner a breeze for your week ahead, all you have to do is reheat and add a little stock to loosen.*

Trader Joe's *also has fabulous prices on stew and sirloin meat- if you want to splurge whole foods it is really high quality.*

If you don't have young kiddos and busy schedules then give yourself the afternoon to make this and it will be done by dinner time.

xo Happy cooking

PS: You can chop your veg a little rough and big here, no need for perfection. Just do your best to keep all the veg roughly the same size, except the carrots - they are more forgiving.

INGREDIENTS:

4 ounces small diced pancetta

3 lbs boneless Sirloin, or Stew meat (if can't find) ,

cut into 1 1/2 inch chunks

5 celery stalks roughly chopped

4-5 carrots chopped

2 medium yellow onions roughly chopped

1 bunch creamer potatoes (any will work really) ,

scrubbed, 1-inch diced

1 bottle of dry red wine (I used montepulciano or Chianti- 5.99\$ at TJ's)

6 whole smashed garlic cloves (peeled)

11- 14 oz crushed tomatoes

EVOO

1 STICK butter as needed

Kosher salt and fresh ground black pepper

1 bunch fresh parsley
bay leaf (optional)
Beef Stock as needed

For beef : Herbs de Provence, 1 tablespoon,(use dried THYME if can't access)
1 teaspoon Dijon mustard, kosher salt to coat, fresh ground pepper , and 1 teaspoon
crushed whole peppercorns
1 tablespoon of GF (or regular) flour

TOOLS: *DUTCH OVEN, sharp knife and cutting board, large bowl to marinate the meat, plastic wrap.Paper towels, and large clean bowl for the braised meats.Parchment paper.*

Directions:

Preheat the oven to 325 F.

The night before. Or if in a pinch a few hours before. Season your meat with the above herbs. minus the flour. Let marinate overnight if possible.

1 hour before cooking, take out your beef and let it get to room temperature, this will help with the browning process. Add the tablespoon of GF flour or Regular flour works if you aren't GF.

And I promise you won't get sick.

In your dutch oven place the pancetta, the pan can start cold, and put to medium heat. Brown the pancetta for 5-10 min. You don't need to add oil because the pancetta will release fat. If for some reason this doesn't happen, add a little EVOO to the pan. After it's browned, put on a plate lined with a paper towel, set aside.

Keep the oil. - either set aside, or use to brown your beef in.

In batches braise your beef. Heat your dutch oven to medium heat, add without crowding the meat, add it to the pot, turning occasionally browning on all sides for 5-7 min. Once each batch finishes, put onto a large clean bowl, then repeat this step until all the meat is finished braising. Set aside and cook your veg.

tip: if the meat is sticking you can add splashes of wine to deglaze the pan, simply scrape the bottom, let it reduce, add more EVOO and repeat the process of braising.

In the same dutch oven, put on medium heat, coat the bottom with EVOO and 2 large tablespoons of butter, once the butter is almost melted add in all your chopped veg. Cook until the onions are almost clear, add the garlic, salt and pepper to taste. Cook until fragrant. Turn up the heat, add 2-3 cups of wine, the tomatoes, (bay leaf optional), all the meat including pancetta, and give it a good toss. Bring to a boil, if you feel like it needs more liquid add splashes of wine.

Take your parchment paper and measure it over the dutch oven, cut the piece that fits, and crumple it up a bit and gently place over the top of it. Place it in the preheated oven and cook for 1 1/2 hours, to 2 hours, checking mid way, giving a good stir and if need more liquid add in more wine or beef stock.

While that is cooking, boil your potatoes in salted water, rinse and set aside. When the stew is finished cooking, stir in the potatoes. If you want more liquid, you can keep the potatoes on the side and serve in bowls at the end adding the potatoes to each individual bowl. Serve with chopped parsley, and lots of garlic bread.

Oh and of course that remains of the wine, it goes great with this dish! cheers xo