



Chefs Winter Warmer Stew



INGREDIENTS:

- 2 TBSP OLIVE OIL
- 1.5KG BEEF CHUCK STEAK, DICED
- 2 LARGE ONIONS, CUT INTO WEDGES
- 2 LEEKS, WHITE PART ONLY, SLICED
- 2 GARLIC CLOVES, CRUSHED
- 4 STICKS CELERY, SLICED
- 2 LARGE CARROTS, PEELED, CUT INTO 3CM PIECES
- 2 X 425G CANS CRUSHED TOMATOES
- 1/4 CUP RED WINE
- MASHED POTATO & FRESH PARSLEY TO SERVE

INSTRUCTIONS:

1. HEAT 1 TABLESPOON OIL IN A LARGE SAUCEPAN OVER HIGH HEAT. COOK THE BEEF, IN BATCHES, STIRRING, UNTIL BROWNED. TRANSFER TO A PLATE.
2. REDUCE HEAT TO MEDIUM. ADD REMAINING OIL, ONIONS, LEEKS, GARLIC, CELERY, AND CARROTS TO PAN. COOK, STIRRING OFTEN, FOR 5 MINUTES.
3. RETURN BEEF TO PAN WITH TOMATOES, RED WINE, AND BEEF STOCK. BRING TO THE BOIL. REDUCE THE HEAT TO LOW AND SIMMER, COVERED, FOR 1 HOUR. UNCOVER AND SIMMER GENTLY, STIRRING OCCASIONALLY, FOR 30 MINUTES OR UNTIL BEEF IS TENDER.

TIP:

LEFTOVERS: ALLOW RESERVED STEW TO COOL. KEEP IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO 3 DAYS OR FREEZE FOR UP TO 3 MONTHS.

I LIKE USING MINE TO MAKE PIES. THE MOST IMPORTANT THING FOR BEEF STEW IS TO BUY THE RIGHT CUT, AND IT IS SURPRISING THAT CUTS THAT START OUT TENDER LIKE STRIP LOIN BECOME TOUGH AND CHEWY IN A STEW!

WHAT YOU WANT INSTEAD ARE BIG AND TOUGH CUTS LIKE CHUCK STEAK WHICH COMES FROM THE SHOULDER AND HAS GREAT FLAVOUR. THE COLLAGEN IN ITS CONNECTIVE TISSUE BREAKS DOWN DURING COOKING, LEAVING YOU WITH FORK-TENDER BEEF.

