

Mangia Bene, Viva Bene

By Frank Zeoli

Beef Stew



Now that winter is here, I always try and think of what kind of winter dishes my grandmother would make. One of my favorites was beef stew. I don't know if it's necessarily Italian, but she would make it none the less and it would always warm you up on a cold winter's night. She used to say, "There is nothing better than stew to stick to your ribs." Sometimes she would mix it up and use veal instead of beef. It would just depend on which one was cheaper at the time.

Prep Time: 30 Minutes

Cook Time: 3 Hours

Ingredients

- 1 large onion (lg dice)
- 6 large carrots (16oz)
- 3lbs white potatoes (lg dice)
- 1lb of green peas (frozen)
- 3lbs stew beef (small cubes)
- 4oz blended oil (for frying)
- 4oz of red wine
- 1 cup of all-purpose flour
- 96 oz beef broth
- 1 tablespoon of Worcestershire sauce
- 2 bay leaves
- 1/2 teaspoon of dried thyme
- 1/2 teaspoon of black pepper
- 1/2 teaspoon of white pepper
- 1/2 teaspoon of salt
- 1 teaspoon of granulated garlic

Instructions

1. Combine the flour, black pepper, and garlic in a mixing bowl. Add the beef and toss well until all of the beef is fully coated. In a large pot or Dutch oven, heat the frying oil. Add the beef a few pieces at a time; do not overcrowd the pot. Brown the beef on all sides and remove them from the pot. Continue until all the beef is brown adding more frying oil as you need to.
2. Once you have removed all of the beef from the pot, add the wine and Worcestershire sauce and deglaze the pot while scraping the pot for all the beef and flour. Add the beef back to the pot along with the beef broth and bay leaves. Bring to a boil and then reduce the heat. Cover the pot and simmer for about 1 to 1 1/2 hours stirring the beef from time to time.

3. After the beef is tender, remove the bay leaves and add the onions, carrots, potatoes, thyme, white pepper, and salt. Simmer for another 30 minutes. At this point the vegetables should be soft. Add more broth or water if the stew gets dry.
4. Add the peas to the stew and let simmer another 20 minutes.
5. The stew should be thick. However, if it's not thick enough for your liking, take 1 cup of corn starch and mix it with water until it's a milk consistency and add it to the stew.

For a better meal, consider adding some dumplings to the top of the stew. Serve hot.

Look for more recipes in the next edition of the **SIAMO QUI**.