

Old Fashioned Beef Stew w/ Winter Vegetables (Harold McGuigan)



Ingredients

- 2 ½ Lbs. Lean Boneless Stewing Beef
- 1 Tbsp. Vegetable Oil
- 3 Tbsp. Butter
- ¾ C. Onion - Finely Chopped
- 1 Tsp. Salt
- ½ Tsp. Pepper
- 1 Bay Leaf
- 1 Tsp. Each Thyme & Marjoram
- 4 C. Beef Stock
- 8 Small Potatoes
- 8 Small Onions
- 8 Medium Carrots
- ¼ Medium Turnip
- 3 Parsnips
- 3 Canned Tomatoes PLUS ½ C. Liquid
- 1 C. Frozen Peas
- ½ C. Chopped Fresh Parsley

Method

1. Cut beef into 1 ½" cubes & pat dry w/ paper towel
2. In a heavy saucepan, heat oil & butter. Brown meat one layer at a time (for a rich stew, it's important to brown meat well at this stage). Set aside.
3. Melt more butter in saucepan if necessary & saute onion until tender/ golden. Stir in flour and continue cooking over medium heat until flour is golden as well.
4. Return meat to saucepan; add seasonings and stock. Using a wooden spoon scrape all browned bits from the bottom of the pan.
5. Simmer, partially covered until beef is tender - about 1 ½ hrs.
6. Either cool and refrigerate overnight to allow flavours to mellow, or proceed with vegetables.
7. Peel potatoes (leave whole), onions (cut a shallow X in root), carrots, turnip & parsnips (cut into finger size sticks) and chop tomatoes coarsely.
8. Add vegetables to stew and cook covered, at moderate simmer until all ingredients are tender - approx 30 - 40 mins.
9. Add peas, simmer for 5 more minutes. Taste, adding more seasoning or liquid if necessary.
10. Sprinkle with parsley & serve.

Makes 8 Servings