



JERNEJ KITCHEN

BEEF AND POTATO STEW

Beef and Potato Stew is a simple family meal that kids and adults adore. The meat is tender and juicy, and the stew is filled with potatoes and carrots.

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
COOK:	1	HOUR 45 MINUTES
TOTAL TIME:	2	HOURS

BEEF AND POTATO STEW

1 kg (2.2 pounds) boneless beef chuck, cut into 1 ½ cm or ½-inch pieces

3 tbsp olive oil, divided

2 onions

2 tbsp all-purpose flour, divided

2 tbsp tomato paste

6 garlic cloves

1 tsp paprika powder

1/2 tsp marjoram

1/2 tsp oregano

200 ml (2/3 cup) red wine (Cabernet S., Shiraz)

1200 ml (5 cups) beef stock

2 bay leaves

1 sprig of parsley

500 g (17 oz) potatoes

4 celery stalks

5 carrots

TOOLS AND EQUIPEMENT

cutting board

PREPARE THE MEAT

Take the meat from the fridge 30 minutes before cooking. If it's not cut, cut it into 1 ½ cm or ½-inch pieces. Pat dry using paper towels. Add it to a bowl and season with salt and pepper.

PAN-FRY THE MEAT

Add two tablespoons of oil to a large pot. Place over high heat. Add half of the meat and sear it evenly for approximately 2 - 3 minutes, stirring occasionally until it is brown and smells divine. Transfer to a plate and repeat the process with the rest of the meat. Transfer to a plate.

ADD ONION, GARLIC AND SPICES

Cut the onion into large pieces and add to the same pot. Add a tablespoon of olive oil. Sauté for 4 - 6 minutes over medium heat. Add a tablespoon of flour (save another tablespoon for later) and tomato paste. Reduce the heat, then pan-fry for 2 - 3 minutes. Add the minced garlic and spices (paprika, marjoram, oregano). Stir and cook for a minute.

ADD THE MEAT AND COOK

Increase the heat, add the red wine, and cook for 2 - 3 minutes for the alcohol to evaporate. Add 1000ml (4 cups) of beef stock. Combine flour and 200ml (1 cup) of beef stock in a separate bowl. Add to the pot along with bay leaves, a sprig of parsley, and prepared beef chuck. Cover with a lid and gently simmer for one hour. This one-pot meal shouldn't boil, or the meat won't be tender.

ADD THE POTATOES AND COOK

Peel the potatoes, cut them into quarters, and cut the large potatoes into eight pieces. Clean the celery stalks and cut into

Sponsored

kitchen knife
paper towels
bowl
large pot

small pieces. Peel the carrots and cut them into 2-cm or 1-inch pieces. Add to the pot and stir to combine. Cover with a lid and cook for 35 - 40 minutes or until the vegetables are cooked and the meat is soft and tender.

SERVE

Remove the bay leaves and sprig of parsley. Divide the Beef and Potato Stew between six plates and serve. Optionally sprinkle with chopped parsley and add a teaspoon of sour cream or crème fraîche.