

Wholesome at Home

Braised Beef Stew with Vegetables and Red Wine

(cooked in slow cooker or deep saucepan)

Tender melt in your mouth beef and hearty vegetables are slow cooked to perfection in this saucy stew. This meal is comforting and perfect for winter.

 Serves 4

 8 hours

Ingredients

- 60g bacon, chopped into pieces
- 500g boneless beef, diced into large pieces
- Chicken broth or water (to cover the meat and the vegetables)
- 2 tablespoons tomato paste
- 50ml soy sauce
- 50g flour
- 4 garlic cloves
- 2 bay leaves
- 1 large onion, diced
- 2 sprigs of rosemary and thyme
- 180g carrots, cut into thick chunks
- 180g baby potatoes, cut in quarters
- 60g button mushrooms
- Serving suggestion – garnish with finely chopped parsley; serve with crusty bread

Method

1. In a large frypan, sauté the bacon over medium heat in 1 tablespoon of oil for about 3 minutes, until crisp and browned. Transfer to slow cooker bowl.
2. Pat dry beef with paper towel; sear in batches until browned on all sides in the oil/bacon fat. Transfer to slow cooker bowl with the bacon, and add in the potatoes, onions, carrots, mushrooms. Season with ½ teaspoon coarse salt and ¼ teaspoon ground pepper.
3. Pour the red wine into the pan and allow to simmer for 4–5 minutes, then whisk in the flour until free from lumps. Allow to reduce and thicken slightly, then pour it into the slow cooker along with stock, tomato paste, garlic and herbs.
4. Mix well to combine all of the ingredients. Cook on low for 8 hours, or until beef is falling apart and tender.

Chef's Tips

- Slow cooking is the best way to tenderise and add flavour to meat. Red wine in stews brings out the deep and rich flavour in the sauce.
 - Tip for type of red wine is a **Pinot Noir/Merlot**.
-