



STONE'S THROW WINERY

Italian Beef Stew

A staple here at the winery. Quick, easy and healthy.
Experiment with different kinds of wine in this stew. Both red or white work...

- 2 lbs. cubed lean beef
- 1/2 tsp. dried red pepper flakes
- Flour to coat beef
- 1 cup red wine
- 4 Tbsp. olive oil
- 3 large potatoes, cut into chunks
- 2 oz. salt pork, diced into small pieces
- 3 celery stalks, sliced
- 2 large onions, thickly sliced
- 3 – 4 carrots, peeled and sliced into chunks
- Salt and freshly ground black pepper to taste
- 2 14-oz. cans plum tomatoes, squeezed, with their juice
- 4 garlic cloves, slivered, not chopped
- 1/2 lb. mushrooms, thickly sliced
- 1 four inch piece fresh rosemary (do not use dried)
- 1/2 cup hot water
- 10 sprigs Italian parsley, leaves only, chopped

Dredge the meat in flour. Shake off excess. Heat the olive oil and salt pork in a heavy pot or Dutch oven. Remove the salt pork when it is slightly browned.

Add the onions, beef, salt and pepper. Cook for 5 minutes, stirring. Add the garlic, chopped parsley and red pepper flakes. Let the mixture heat thoroughly. Slowly pour the wine into the pot.

Stir and simmer, covered, for 10 minutes. Add the potatoes, celery, carrots, rosemary, tomatoes with their juice and mushrooms. Stir and cook for 10 minutes longer. Add the hot water, cover, and simmer for 40 minutes, stirring to prevent sticking. Uncover the stew and simmer 10 minutes more or until the meat is tender. Adjust seasonings... salt carefully.