



# WOLF PINE FARM

## *Lydia's Beef Stew*

This recipe comes from my friend, Lydia Walshin's, food blog called The Perfect Pantry ([www.theperfectpantry.com](http://www.theperfectpantry.com)). We always add Lydia's name onto her recipes as they become family favorites of ours. I've adapted this recipe just a bit to highlight what is **locally available**. As with any recipe, don't be afraid to try something new or drop ingredients that you don't have. You can make this recipe with broth instead of the wine, but the wine makes it great. Likewise, you can do without the oyster flavored sauce, adding in a small amount of **sea salt** (1/2 tsp. to start) instead, but you may want to test it first since the wine or broth might be enough flavor. You can change any of the seasonings, using other stew recipes for ideas. I love that this recipe highlights items that are available in our meat and winter vegetable shares.

### Ingredients:

3 Tbsp olive oil	1 tsp <b>honey</b>
2 lb <b>beef stew meat</b> , cut in large chunks	1/4 tsp black pepper
1 cup <b>flour</b>	1/2 tsp <b>cayenne pepper</b> , or more to taste
1 medium <b>onion</b> , sliced	1/2 tsp <b>paprika</b>
1 clove <b>garlic</b> , whole	4 large <b>carrots</b> , cut into chunks
1 Tbsp dried <b>thyme or winter savory</b> (or 2 sprigs fresh)	2 large <b>onions</b> , or 4-8 small, quartered
1 bay leaf	4-6 large <b>potatoes</b> , cut into chunks
1 bottle red wine (or just under a quart of broth)	1 large <b>rutabaga</b> , peeled, cut into chunks
2 tsp Dijon mustard	2 small purple-topped <b>turnips</b> , peeled, cut into chunks
2 Tbsp <b>tomato paste</b>	4-5 <b>parsnips</b> , peeled, cut into chunks
2 tsp oyster-flavored sauce	

Heat oil in a very large stockpot (12 quarts or larger). Dredge meat lightly in flour and, adding a few pieces at a time, brown meat thoroughly on all sides (remove the pieces as they're browned, into a bowl; when all of the meat is browned, add back the reserved meat and juices). Add sliced onion, and the garlic, and cook for 2-3 minutes, until the onion becomes translucent. Then, add the thyme, bay leaf, wine, mustard, tomato paste, oyster sauce, honey, peppers and paprika. Bring to a boil, then cover and reduce heat to lowest simmer. Cook for 2 hours, stirring occasionally. Add all of the vegetables and cook, covered, for another hour until all of the vegetables are tender (the potatoes will start to fall apart a bit). The sauce will thicken nicely, but if you'd like it thicker, stir in a solution of 1 Tbsp arrowroot dissolved in 3 Tbsp water. Serve in large bowls with some crusty bread or serve the stew over a hearty dollop of polenta.