

# Beef Stew



## Ingredients

1 kg braising steak  
(diced into 1 inch cubes)  
Splash of olive oil  
1 onion, peeled and finely chopped  
2 carrots, chopped in chunks  
Chopped streaky bacon  
Salt + pepper  
3 garlic cloves, peeled  
2 chopped tomatoes or 2 tbsp tinned tomatoes  
½ beef stock  
Generous glug of red wine  
1 tsp thyme  
Bay leaf  
½ tsp hot paprika  
Fresh parsley with stalks  
Potatoes, peeled and diced  
A little chopped parsley

## Equipment

Large casserole pot  
Spatula  
Large plate  
Chopping board  
Knife

## Method

1. Preheat the oven to 140°C. In a large casserole dish, heat the olive oil over a medium-high heat.
2. Soften the chopped onions and small chunks of carrots. Add chopped streaky bacon too. Layer on top the diced beef. Add a couple of chopped fresh tomatoes or 2 tbsp of tinned chopped tomatoes on top of the beef. Add 2 peeled whole cloves of garlic.
3. Crumble in half a beef stock cube, a bay leaf, thyme, fresh parsley (stalks included as this is where the flavour is) and hot paprika.
4. Season with salt and pepper.
5. Add a generous glug of red wine to nearly cover the meat.
6. Bring to the boil uncovered, to boil off the alcohol.
7. Then cover the casserole dish with greaseproof paper and a firmly fitted lid.
8. Place the covered dish in the oven and cook for 2½ hours.
9. Peel and chop the potatoes into 1-inch chunks. and continue to simmer for 15 mins or until the potatoes have softened. Mash the potatoes if preferred. Alternatively, you can use macaroni. Serve with green vegetables and fresh crusty bread.
10. When the stew is ready to serve, pull out the parsley stalks. Serve with freshly chopped parsley and crushed garlic stirred into the dish at the last minute.