

Baltimore Beef and Barley Stew

TOTAL TIME: 8 hours 30 minutes (Slow Cook) or 1 hour 30 minutes (Pressure Cook)

2 lbs beef stew meat, cut into 1-inch cubes	4 C beef broth
6 slices bacon, chopped	1 C Pu-erh Dante tea, brewed
2 T olive oil	2 T tomato paste
1 large onion, diced	2 T Worcestershire sauce
3 cloves garlic, minced	2 T Old Bay seasoning
1-inch piece of ginger, minced	2 bay leaves
4 carrots, sliced	1 † red pepper flakes
4 potatoes, diced	1 † cayenne pepper powder
1 C corn kernels (fresh or frozen)	1-2 jalapeños, sliced (optional)
1 C pearl barley	Salt and pepper to taste
1 can (14.5 oz) diced tomatoes	2 T butter
1 C cherry or grape tomatoes, halved	2 T flour
1 C lima beans	OPTIONAL: 1 lb crab claws (if desired)

SLOW COOK METHOD:

Crisp the bacon in the Instant Pot using the 'Sauté' mode. Remove and set aside, reserving some of the bacon grease. Sear the beef in the bacon grease and olive oil. Remove and set aside. Sauté onions, garlic, and ginger in the reserved bacon grease until fragrant. Add the beef back with carrots, potatoes, corn, barley, diced tomatoes, cherry or grape tomatoes, lima beans, beef broth, Pu-erh tea, tomato paste, Worcestershire sauce, Old Bay seasoning, bay leaves, red pepper flakes, cayenne pepper powder, and jalapeños (if using). Set to 'Slow Cook' on low for 8 hours or high for 4 hours. Make a roux with butter and flour, add to the stew, and stir well. If using crab claws, add them in the last 30 minutes of cooking. Season with salt and pepper to taste. Remove bay leaves before serving. Add the crispy bacon back into the stew just before serving.

PRESSURE COOK METHOD:

Crisp the bacon in the Instant Pot using the 'Sauté' mode. Remove and set aside, reserving some of the bacon grease. Sear the beef in the bacon grease and olive oil. Remove and set aside. Sauté onions, garlic, and ginger in the reserved bacon grease until fragrant. Add the beef back with carrots, potatoes, corn, barley, diced tomatoes, cherry or grape tomatoes, lima beans, beef broth, Pu-erh tea, tomato paste, Worcestershire sauce, Old Bay seasoning, bay leaves, red pepper flakes, cayenne pepper powder, and jalapeños (if using). Set to 'Pressure Cook' on high for 35 minutes. Allow natural release for 10 minutes, then quick release any remaining pressure. Make a roux with butter and flour, add to the stew, and stir well. If using crab claws, add them after pressure cooking and use the 'Sauté' mode to cook for an additional 5-10 minutes. Season with salt and pepper to taste. Remove bay leaves before serving. Add the crispy bacon back into the stew just before serving.