

Irish Beef Stew

Save prep time by prepping the onions, carrots, and potatoes while the stock with beef is simmering in step 2.

- Prep time: 20 minutes
- Cook time: 1 hour, 50 minutes
- Yield: Serves 2 to 3



Ingredients

100 g (1/4lb) well-marbled chuck beef stew meat, cut into 1 1/2-inch chunks
3 ml of salt (more to taste)
20 ml olive oil
2 large garlic cloves, minced
350 ml beef stock or broth
200 ml water
10 ml tomato paste
10 ml sugar
5 ml dried thyme
5 ml Worcestershire sauce
1 bay leaf
15 ml margarine
400 ml russet potatoes, peeled, cut into 1/2-inch pieces
1/4 large onion, chopped
250 ml 1/2-inch pieces peeled carrots (can substitute some of the carrot with parsnips)
2 ml freshly ground black pepper
15 ml chopped fresh parsley/ 5ml dried parsley

Method

Day 1

1 Sprinkle about a teaspoon of salt over the beef pieces. Heat the olive oil in a large (6 to 8 quart), thick-bottomed pot over medium-high heat. Pat dry the beef with paper towels and working in batches, add the beef (do not crowd the pan, or the meat will steam and not brown) and cook, without stirring, until nicely browned on one side, then use tongs to turn the pieces over and brown on another side.

2 Add minced garlic to the pot with the beef and sauté 30 seconds or until fragrant. Add the beef stock, water, tomato paste, sugar, thyme, Worcestershire sauce, and bay leaves. Stir to combine. Bring mixture to a simmer. Reduce heat to the lowest setting, then cover and cook at a bare simmer until the last 15 minutes of class (or for 1 hour), stirring occasionally.

Day 2

3 While the pot of meat and stock is simmering (again), melt the butter in a small saucepan over medium heat. Add the diced onions and carrots. Sauté the onions and carrots until the onions are golden, about 15 minutes. Set aside until the beef stew in step 2 has simmered for one hour in total (including time from Day 1). Peel and dice potato.

4 Add the onions, carrots, and the potato to the beef stew. Add black pepper and salt. Simmer uncovered until vegetables and beef are very tender, about 30 minutes. Discard the bay leaf. Tilt pan and spoon off any excess fat. Transfer stew to serving bowl. Add more salt and pepper to taste. Sprinkle with parsley and serve.