

# Beef Stew

*Adapted from Ina Garten's Company Pot Roast and Beef Bourguignon*



## Ingredients:

- 2 1/2 pounds chuck beef cut into 1-inch cubes
- sea salt and freshly ground black pepper
- all-purpose flour
- lard
- olive oil
- 2 cups chopped carrots (4 carrots)
- 2 cups chopped yellow onions (2 onions)
- 2 cups chopped celery (4 stalks)
- 2 cups chopped leeks, white and light green parts (2 to 4 leeks)
- 2 cups diced potatoes (2 potatoes)
- 5 large garlic cloves, peeled and crushed
- 1 cup good red wine, such as Burgundy
- 1 (28-ounce) can whole plum tomatoes in puree
- 1 cup chicken stock, preferably homemade
- 3 branches fresh thyme
- 2 branches fresh rosemary

## Directions:

Preheat the oven to 250 degrees F.

Dry the beef cubes with paper towels and then sprinkle them with salt and pepper. Coat them in flour. Then, in a large Dutch oven, sear the beef in the hot oil for 3 to 5 minutes, turning to brown on all sides. Work in batches in single layers for optimal browning. Remove the seared cubes to a plate and continue searing until all the beef is browned. Set aside.

Add olive oil to the Dutch oven. Add the carrots, onions, celery, leeks, potatoes, garlic, 1 tablespoon salt, and 1 1/2 teaspoons pepper and cook over medium heat for 10 to 15 minutes, stirring occasionally, until tender but not browned. Add the wine and bring to a boil. Add the tomatoes, chicken stock, 2 teaspoons salt, and 1 teaspoon pepper. Tie the thyme and rosemary together with kitchen string and add to the pot.

Put the meat back into the pot with the juices. Bring to a simmer, cover the pot with a tight-fitting lid, and place it in the oven for about 1 1/4 hours or until the meat and vegetables are very tender when pierced with a fork.

Remove the herb bundle and discard. Skim off as much fat as possible from the sauce. Spoon into bowls, and serve with fresh bread and butter.