

Beef Stew

- 5 lbs boneless beef chuck, cut into 2-inch pieces
- 2 ½ lbs small white boiling potatoes
- 1 ½ lbs carrots
- 1 bottle B.R. Cohn Silver Label Cabernet Sauvignon
- 3 cups reduced-sodium beef broth
- 3 cups water
- ⅓ cup B.R. Cohn Balsamic Vinegar
- 3 tbsp B.R. Cohn California Extra Virgin Olive Oil
- 3 tbsp tomato paste
- 3 carrots, quartered
- 3 celery ribs, quartered
- 2 medium onions, quartered
- 1 head garlic, halved crosswise
- 2 Turkish bay leaves
- 2 thyme sprigs

Braise beef: Preheat oven to 350°F with rack in middle. Pat beef dry and season with 2 ½ tsp salt and 1 tsp pepper. Heat oil in an 8 qt. heavy oven proof pot over medium-high heat and brown meat, without crowding, in batches. Transfer to a platter. Reduce heat to medium; add carrots, celery, onions, and garlic, stirring occasionally, until well browned, about 12 mins. Add tomato paste and cook 2 mins. Add vegetables and vinegar, cook 2 mins. Stir in wine, bay leaves and thyme and boil until wine is reduced by about two thirds, 10 to 12 mins. Add broth to pot along with water, beef, and any juices from platter and bring to a simmer. Cover and braise in oven until meat is very tender, about 2 ½ hours. Set a large colander in a large bowl. Pour stew into colander. Return pieces of meat to pot, then discard remaining solids. Let cooking liquid stand 10 mins.

Cook potatoes and carrots: While beef braises, peel potatoes and cut into ½-inch-wide wedges. Slice carrots diagonally (1-inch). Add potatoes and carrots to stew (make sure they are submerged) and simmer, uncovered, stirring occasionally, until potatoes and carrots are tender, about 40 mins.



4 ½ Hours



Serves 12



Pairs with B.R. Cohn Silver Label Cabernet Sauvignon

B.R. COHN WINERY & OLIVE OIL COMPANY



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