

Rutabaga Beef Stew



There is perhaps no better way to prepare a beef stew than with a long, slow simmer. The low, moist heat slowly breaks down the structure of the muscle tissue, tenderizing the meat. You just can't get that by rushing things. You can use a cup of dry red wine in place of the beef stock and add a handful of dry lentils, perhaps one third cup, at the outset as well.. If you like, you can use a sliced parsnip too. There are plenty of ways to play with the basic formula. Just let it simmer all day long. Unmentionably good.

INGREDIENTS

- 1 large onion, halved and thinly sliced
- 2 medium carrots, peeled and thinly sliced
- 2 large potatoes, cut into ½-inch chunks
- 1 to 1 ½ cups peeled and diced rutabaga (about ½ small rutabaga)
- 1 cup fresh green beans, in bit-size pieces
- 1 pound beef stew-meat chunks
- 1 bay leaf
- ½ teaspoon dried thyme
- 1 clove garlic, crushed
- 3 cups low-sodium beef stock
- 2 tablespoons light brown sugar
- ¾ teaspoon salt
- 2 teaspoons Worcestershire sauce
- Pepper to taste
- 3 tablespoon all-purpose flour
- 2 teaspoons tomato paste

PREPARATION

1. Put everything but the flour and the tomato paste in a slow cooker; stir to combine
2. Cover and cook on the low setting for 8 to 9 hours or on high for 4 to 5. until the beef is tender and the potatoes are just fork tender
3. Stir the stew once or twice as it cooks, if possible. About 30 minutes before serving, transfer a ladleful of the broth to a small mixing bowl.
4. Add the flour and tomato paste and whisk until smooth. Stir the mixture into the stew and cook for the remaining half hour.

Makes 6 to 8 servings.

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