

# Brisket Stew with fall vegetables



Brisket is one of the toughest cuts of beef, but it is inexpensive and full of flavour. By slowly stewing the brisket in red wine and stock, you end up with a dish with incredible flavour, and meat so tender that it falls apart. Serve this with rice or potatoes.

## INGREDIENTS

- 1 tablespoon olive oil
- 2¼ pounds lean beef brisket
- Cut into large bite-size cubes
- Salt and freshly ground black pepper
- 2 onions, each cut into 8 pieces
- 2 garlic cloves, minced
- 1 large spring fresh rosemary
- 1 large spring fresh thyme
- 1¼ cups dry red wine
- 2 tomatoes, coarsely chopped
- 3 cups beef or chicken stock
- 2 parsnip , peeled and cut into 1- inch pieces
- 1 carrot, peeled and cut into 1-inch pieces
- 1 turnip , peeled and cut into 1-inch pieces
- ½ cup shelled fresh English peas

## PREPARATION

1. Heat the oil in a large heavy flameproof casserole over medium-high heat until it is very hot.
2. Sprinkle the beef with salt and pepper and, working in two batches to avoid overcrowding the pot, add the beef to the pot and cook for 6 minutes, or until the beef is browned on all sides.
3. Transfer the beef to a bowl.
4. Add the onions, garlic, rosemary and thyme to the same pot and cook for about 3 minutes or until fragrant.
5. Add the wine and tomatoes, stirring to scrape up the browned bits on the bottom of the pot.
6. Simmer for 8 minutes, or until the wine has reduced by about half. Return the beef and accumulated juices to the pot.
7. Add the stock and bring to a gentle simmer. (The beef should be just covered with the cooking liquid.)
8. Reduce the heat to medium-low, place a lid on the pot, and cook, simmering very gently and stirring occasionally, for 1½ hours.
9. Add the parsnips, carrots, and turnips to the stew, and cover the pot. Simmer gently for about 55 minutes, add the peas, and continue simmering for 5 minutes, or until the vegetables are tender and the beef is tender enough to cut with a spoon.
10. Using a slotted spoon, transfer the beef and vegetables to a bowl. Boil the cooking liquid over high heat for 20 minutes, or until it is reduce by half. Return the beef and vegetables to the pot and simmer gently just until they are heat through.
11. Spoon the beef stew onto 4 serving, and serve rice or potatoes alongside.

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