



Beef Stew

Courtesy of Mr. Jacques Pepin and
Houghton Mifflin Harcourt.

Serves 6

Ingredients:

- 4 tablespoons unsalted butter
- 3 pounds beef stew meat,
cut into ½-inch cubes
- Sea salt and black pepper
- 3 cups sliced onions
- 1/3 cup all-purpose flour
- Three 12-ounce cans of dark beer
- ½ teaspoon dried thyme
- 2 bay leaves
- Chopped parsley
- Boiled carrots and potatoes
(for serving)

Chantal Item Needed:

- 6 quart *Induction 21 Steel®*
Casserole with Glass Lid



Beef Stew

Courtesy of Mr. Jacques Pepin and Houghton Mifflin Harcourt.

Recipes from Essential Pepin by Jacques Pepin. Copyright © 2011 by Jacques Pepin. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

Steps:

First: In an enameled cast-iron casserole, melt 2 tablespoons of the butter. Season the beef with salt and pepper and add one-third of it to the casserole. Cook over moderate heat until lightly browned, 3 minutes per side. Transfer to a bowl. Repeat with 2 more batches of meat, using the remaining 2 tablespoons of butter.

Second: Add the onions to the casserole, cover and cook over low heat, stirring, until browned, 8 minutes. Stir in the flour until the onions are well-coated, then slowly add the beer. Return the meat to the casserole along with any accumulated juices. Add the thyme and bay leaves, cover and simmer over low heat, stirring, until the beef is tender, 2 hours.

Third: Uncover and transfer the meat to a bowl. Simmer the sauce over moderate heat until thickened slightly. Discard the bay leaves. Return the meat to the casserole and season with salt and pepper. Sprinkle with parsley and serve with boiled carrots and potatoes.

Serve with a simple salad of greens and tomatoes and a good crusty bread.