



JOSH'S VERY BASIC STEW

Thanks to Josh Baker, *BOWA Founder and Co-Chairman*



INGREDIENTS

- 2 1/2 - 3 pounds stew meat
- Salt and pepper
- Flour
- 2 large sweet onions
- 1 box mushrooms cut into quarters
- 1 large bag carrots peeled and cut into 1 1/2-inch pieces, no baby carrots
- 6 large turnips peeled and chopped into 1-inch cubes
- 1 large bag parsnips peeled and cut into 1 1/2-inch pieces
- 1 cup red wine, preferably Madeira
- 1/2 cup cream sherry
- 1 cup beef bouillon broth
- 1 cup ketchup
- 1/2 bag frozen peas
- 1/2 bag frozen pearl onions
- Olive oil
- 1 bag wide egg noodles

NOTE FROM THE CHEF

This is a very basic family recipe. Feel free to add, modify, spice, or omit to create your own. This will feed a family of four, two or three times, but if you're going to cook, why not. It only gets better each time it's re-heated.



PREPARATION

1. In a high quality, large pot, heat a little olive oil over medium-high heat.
2. In a large plastic freezer bag, combine 1 cup flour, 2 teaspoons salt and 1 teaspoon pepper. Add a handful of the cubed meet to bag and shake to coat meat lightly. Remove meat and repeat.
3. In small batches, brown meat quickly, turning frequently. This should only take a minute or two. Remove meat from pot.
4. Once all the meat has been browned, reduce heat to medium, add more oil and chopped onions. Cook, stirring often until the onions are clear and start to brown slightly, about 5 minutes.
5. Add mushrooms and cook down a couple of minutes.
6. Add carrots, turnips, parsnips, meat, wine, sherry, beef bouillon and ketchup. Mix until everything is well covered.
7. Cover and bring to boil. Once boiling, reduce heat to maintain a low boil.
8. Let cook for 2 hours, stirring every so often to ensure even cooking.
9. Salt to taste.
10. After 2 hours, taste meat and check vegetables for tenderness.
11. If there is too much liquid, leave cover off and cook to reduce liquid.
12. Once tender, add peas and pearl onions. Bring back up to boil and cook for a few minutes.
13. Serve over cooked egg noodles.

