



BEEF STEW



INGREDIENTS:

600 g **beef** chunk (cut into 1-inch cubes)
6 **shallots** (quartered)
4 **carrots** (peeled and cut into thick slices)
3 **turnips** (peeled and cut into thick slices)
1/2 **celery root** (cut into pieces)
250 g **mushrooms** (thickly sliced)
400 g **potatoes** (quartered)
3 tbsp **peas**
1 l **beef stock**
1/2 l red **wine**
200 ml **tomato paste**
2 tbsp **butter**
1 **bouquet garni**
2 cloves **garlic** (minced)
oil, flour, sugar (optional), **salt** and **pepper**

serves: 4

preparation time: 20 minutes

cooking time: 2 hours

Heat the oil in a pan. Season the beef cubes with salt and pepper and coat them with flour, shaking off the excess. Fry the cubes on oil until browned on all sides. Don't crowd the pan and cook them in batches if necessary. Transfer the meat into a large cooking pot.

Add the shallots, carrots, turnips and celery into the same pan and cook over medium high heat for about 8 minutes. Remove the vegetables and put them in a large bowl with a lid on.

Put the butter into the pan and sauté mushrooms for approximately 5 minutes. Transfer them to the vegetables.

Pour the wine into the pan together with the beef stock and tomato paste. Cook for 5 minutes and add the mixture to the meat in the cooking pot.

Put the bouquet garni and garlic into the cooking pot. Bring the meat to boil, cover, and simmer for about 45 minutes.

Add the potatoes together with the reserved vegetables and continue cooking until the meat is tender and the vegetables soft (about 45 minutes).

Add the peas and cook for another 5 minutes. You can also add sugar if the stew is too sour.

Serve.