

# Tuscan-Style Beef Stew

Recipe Source: ATK Season 16 Why Not Add Wine?

Serves: 6 to 8

Effort: Medium

## SHOP IT!

## MISE IT!

## MAKE IT!

Produce		Medium Bowl		1	DO	WITH	HOW	IMPORTANT
Box Shallots	<input checked="" type="radio"/>	1 1/2 tsp salt			Adjust	Oven Rack		Lower Middle Position
2 Lg Carrots	<input type="radio"/>	8 pieces of boneless beef short ribs	trimmed		Preheat	Oven		300 F degrees
1 garlic head	<input type="radio"/>	Large Dutch Oven		2	FOR THE BEEF			
Rosemary	<input checked="" type="radio"/>	2 tbs vegetable oil			Toss	1	UNTIL beef is well coated in salt	
Meats & Seafoods		Large Bowl		3	Let Stand	1		At room temperature for 30 mins
8 - 2" pieces Boneless Beef Short Ribs (4 lbs/1.8 kg)	<input type="radio"/>	4 sprigs rosemary			Heat	2	UNTIL just smoking	Medium High Heat
Anchovy Paste	<input checked="" type="radio"/>	1 tsp anchovy paste			Add	4 pieces of beef	In a single layer to dutch oven	
Oils, Vinegars & Spices		1 tbs tomato paste			Cook/Flip	4 pieces of beef	Using tongs UNTIL pieces are well browned on all sides	About 8 mins total
Salt	<input checked="" type="radio"/>	1 tbs unflavored gelatin			Reduce Heat	Stovetop	To a lower temperature IF bottom of pan is burning	
Vegetable Oil	<input checked="" type="radio"/>	1 tbs cracked peppercorns			Add/Stir	3 + Remaining 4 pieces beef		
Bay Leaves	<input checked="" type="radio"/>	2 bay leaves			Simmer/Cover Tightly	Aluminum Foil + Lid	Aluminum foil goes on first, then the lid	
Black Peppercorns	<input checked="" type="radio"/>	1 head garlic	cloves seperated, unpeeled, crushed		Transfer/Bake	Beef + Braise Liquids	To oven	2 to 2 1/4 hours, stirring halfway through cooking time
Ground Black Pepper	<input checked="" type="radio"/>	2 lg carrots	peeled, halved lengthwise		FOR THE SAUCE			
Canned Goods		1 c. water			Transfer/Cover Tightly/Set Aside	Cooked Beef	Using slotted spoon, aluminum foil and a bowl	
Can Tomato Paste	<input checked="" type="radio"/>	2 c. red wine						Strainer
Pantry - Baking Ingredients		4 shallots	peeled, halved lengthwise					
Pack unflavored gelatin	<input checked="" type="radio"/>	Measuring Cup		4				
Wines & Spirits		2 tsp ground black pepper						
1 Sm Bottle Chianti or Red	<input type="radio"/>							

Wine

1 c. red wine	
<b>Small Bowl</b>	
2 tsp cornstarch	
Remaining red wine	

**5**

Strain/Discard	Sauce	Using fine mesh strainer.	contents are to be discarded
Wipe Out	Dutch Oven	Using paper towels	
Settle	Sauce		Fat will rise. About 5 mins
Degrease	Sauce	As much fat as possible	Can use a spoon or fat seperator
Return	Degreased Sauce	To the dutch oven	
Add/Bring to Boil	<b>4</b>		Medium High Heat
Simmer	<b>4</b>	Stirring occasionally UNTIL sauce is thickened to consistency of heavy cream	About 12-15 mins
<b>FINISH THE DISH (Dish can be made ahead and only do this step before you plan on serving it)</b>			
Combine	<b>5</b>		
Reduce Heat	Stovetop		Medium Low Heat
Add/Stir	Cooked Beef + <b>5</b>		
Cover/Simmer	Beef + Sauce	UNTIL heated through	About 5 to 8 mins
Taste/Season	Salt + Pepper		To taste
SERVE	Beef + Sauce	With crusty bread, mashed potatoes or polenta	

**TOOLS AND TECHNIQUES REQUIRED**

Large Dutch Oven with lid; metal tongs; fine mesh strainer; paper towels; aluminum foil; slotted spoon;