

Beef Stew

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Cut into bite sized pieces, reserving the bones to add to the stew, and season with

Mix well and set aside.

Set a large non-stick pot over medium-high heat and peel and chop. Once the pot is hot, add in and then the onions and Cook until the onions have softened and then remove them from the pot and set aside. Add the beef and bones to the pot in 2 batches, browning well on each side. Add the onions and first batch of browned beef back to the pot along with

Bring to the boil and then turn down to a simmer. Cook, partially covered, for 1 hour and 15 minutes.

Add Continue cooking for 15 minutes and then add in

Cover and cook for another 30 minutes. Taste and adjust seasonings if needed.

1 kg Beef Short ribs

2 t Maldon salt/1 t fine salt

1/2 t Sugar

2 t Dried thyme

1 1/2 T Dijon mustard

2 t Worcestershire sauce

3 Cloves garlic, grated

2 t Corn starch

1 T Water

2 Onions

1 T Oil

pinch Maldon Salt/fine salt

2 Cans Chopped tomatoes

1 Can Beans in maple syrup

1 L Beef/chicken stock

2 C Baby carrots

4 Medium potatoes, chopped into bite-sized pieces

Notes:

- Best eaten the next day. Freezes well for 3 months. Serve with rice or crusty bread and butter.