

# Beef stew

## Spezzatino

### Method:

1. **Preparing the meat:** trim the meat of all excess fat, cut into cubes. Add the meat to the seasoned flour and toss well, coating evenly.

2. Heat two tablespoons of olive oil in a large pan or casserole. Add the meat, cook in batches over medium heat until well browned.

3. Remove with a slotted spoon. Cover and set aside.

4. Add the remaining oil to the pan and lower the heat. Add the onions, carrots and celery, cook about 4-5 minutes, stirring.

5. Add the mushrooms and garlic and continue cooking for 2-3 minutes, stirring. Make sure

you scrape the fragments that are stuck in the bottom of the pan, add a little bit of stock if vegetables start to stick.

6. Add tomatoes, teaspoon sugar, stock and wine and bring to boil.

7. Transfer meat to the pot, mixing well, lower heat and cook for 1 1/2 hours, or until meat is tender, covered.

8. Add salt and pepper to taste.

9. Add the potatoes in the last 30 minutes or so.

10. Garnish with fresh thyme before serving.

### Ingredients:

1 kg stewing meat (beef)

plain flour, seasoned with salt, pepper and thyme

3 tbsp olive oil

2 onions, chopped

large carrot, diced

small stick celery, diced

150g mushrooms, sliced

1 clove garlic, crushed

1/2 cup chicken stock

400g canned tomatoes (with juice)

1 tsp sugar

1/2 cup good aged (red) wine

salt and freshly ground pepper

3 potatoes, peeled, cubed

fresh thyme, for garnish