

Recipe for Berriedale Country Beef Stew

Click to return to: www.berriedalefarms.com/Recipes.html

Ingredients:

- ✓ 3 pounds of grass-fed and -finished beef, “Blade Chuck Roast”, trimmed and cut into cubes.
- ✓ 1 bottle of your favorite dry, full-bodied, red wine for drinking.
- ✓ 1 bottle of quality dry red wine for cooking.
- ✓ 1/2 cup of a full-flavored, blended, brandy for cooking.
- ✓ 20 small white onions, trimmed and peeled.
- ✓ 4 large carrots cut into 2-inch pieces.
- ✓ 4 celery stalks cut into 2-inch pieces.
- ✓ ½ pound of mushroom caps.
- ✓ 1 ½ pound of new baby potatoes.
- ✓ ¼ cup of all-purpose flour.
- ✓ 6 tablespoons of sweet, unsalted, butter.
- ✓ ¼ teaspoon of fresh ground black pepper.
- ✓ 6 large fresh garlic cloves, minced.
- ✓ 2 teaspoons of tomato paste.
- ✓ 6 sprigs of fresh thyme.
- ✓ 2 bay leaves.
- ✓ ½ teaspoon of fresh oregano.
- ✓ 1 pinch of fresh grated nutmeg.
- ✓ 4 teaspoons of fresh parsley, minced.

Utensils:

- Large mixing bowl.
- Large, well-seasoned, deep-sided, cast iron skillet.
- Medium-sized skillet for sautéing.
- 2-quart sauce pan.

Instructions:

1. Remove the “Blade Chuck Roast” from the refrigerator and while it is still cool remove the bone, trim-out the fat and any sinew, and cut into 1-inch cubes.
2. Mix the beef cubes in a large bowl with black pepper and flour until coated.
3. Brown batches of beef cubes in a deep cast iron skillet with butter under a high heat, but DO NOT cook meat.

4. Add brandy to the browned beef cubes, stir until the brandy is almost evaporated, and again, the stew meat should remain "rare" or "medium-rare" at the most.
5. Add 3 cups of red wine to the beef cubes plus tomato paste, garlic, oregano, bay leaves, thyme, and simmer the stew covered for about 1-hour.
6. Separately sauté in butter until brown – onions, carrots, celery and mushrooms.
7. Add the sautéed vegetables to the cast iron skillet with the beef cubes, sprinkle with nutmeg, cover and simmer for 45 minutes.
8. Boil the baby new potatoes until tender.
9. Uncover the cast iron skillet, increase the heat and boil the country stew, occasionally stirring until it thickens.
10. Remove from the heat and cover skillet.
11. Open, decant and pour your favorite bottle of a dry, full-bodied, red wine.
12. Serve the Berriedale Country Beef Stew over a bed of boiled new baby potatoes, and garnish with parsley.
13. Enjoy living like an olde Virginian from the Cowpasture River Valley!!!

Contact:

Berriedale Farms
Dedicated to the Conservation of Land, Water & Heritage Breeds
10245 Cowpasture River Road
Williamsville, Virginia 24487
540-925-2308
Berriedalefarms@gmail.com
www.berriedalefarms.com