

# Chef from the Hood Recipes



**Chef:**  
Dan Berman

**Restaurant:**  
Pacific Markets

**Recipe:**  
Beef Stew with mushrooms, root vegetables & red wine!



## Beef Stew with mushrooms, root vegetables & red wine!

Chef Dan Berman says, "Who doesn't like a good beef stew, especially in the rain and cold or anytime? This recipe uses traditional ingredients, good red wine and root vegetables to add soulful flavor to the dish." In the early 1800's, The Dictionary of American Food and Drink recommended cooking beef in wine as an efficient method of tenderizing a tougher cut. As far back as the 13th Century, modern European cooking was shaped in large part by the conditions existing in various regions. In the north, abundant timber and a colder climate made for open fire cooking. Thus the suspended cauldron gave rise to a cuisine of long-simmered soups and stews.

Home-grown raw materials (dairy animals and root vegetables) were the primary raw ingredients found in most households. The spit and cauldron, once the chief cooking utensils of Northern Europe, eventually evolved into our modern roasting oven and stockpot and slow cooking remained popular throughout Europe. As France and Italy contributed wine to the method, exploring sea traders provided spices and beef stew with wine became a most satisfying meal, especially when enjoyed with hunks of a hearty bread dunked in the saucy stew. Dan Berman's recipe serves 6.

### *Ingredients:*

- 2 pounds of beef, cubed (rump or chuck roast)
- sea salt (Sea Star) and
- fresh ground black pepper (Morton & Bassett)
- 1 cup flour (King Arthur's)
- olive oil for sautéing (Asti)
- 2 yellow onions, diced
- 3 cloves garlic, crushed
- 1/2 bottle of concentrated red wine, such as Cabernet Sauvignon, Zinfandel or Rhone (Pacific Palate Paradise)
- 2 cups beef stock (Imagine)
- 3 fresh tomatoes, chopped
- 2 cups fresh button mushrooms, quartered
- 3 parsnips, peeled and cubed
- 2 turnips, peeled and cubed
- 2 russet potatoes, cubed (peeling optional)
- 3 carrots, peeled and cubed
- 4 bay leaves (Morton & Bassett)
- 2 sprigs fresh thyme

### *To prepare:*

Season the beef with salt and pepper and dredge with the flour. Shake off the excess. In a heavy casserole dish, heat the olive oil and sear the beef until brown. Remove and set aside. Add a little more oil if necessary and sauté the onions until soft. Add the garlic and the mushrooms and sauté.

Return the beef to the pan and add the tomatoes and bay leaves. Heat, stirring occasionally. When hot, stir in the red wine. Bring to a boil, and add the beef stock, returning to a boil, then turn down to a simmer, add the thyme and cover the pot with a lid. Simmer, covered, over moderate heat for about 1&1/2 hours.

When the meat is just starting to get tender, add the parsnips, turnips, potatoes and carrots and simmer for another 1/2 hour until vegetables and meat are tender. Taste, adjust seasoning and serve.

### *Optional on the side:*

Make or pick up a leafy green salad, and heat up a loaf of warm, crusty sourdough bread. Enjoy the rest of the wine with this stew!