

Baby Beef Stew



I think that every region has its own way of preparing stew. This time I want to show you how I prepare one of my favourite stews. Preparation is very easy and the flavour is fantastic.

What I truly like in this stew is that various vegetables give it special aroma and flavour.

INGREDIENTS :

1 kg of baby beef

2 big onions

4 cloves of garlic

4 spoons of butter

2 spoons of mild red pepper

1 $\frac{1}{2}$ tea spoons of hot red pepper

3 spoons of tomato paste

300 ml of red wine

1600 ml of beef broth

3 spoons of sugar

4 tea spoons of marjoram (dry)

10 stems of parsley (fresh)

3 bay leaves

4 – 5 medium potatoes

2 – 3 big carrots

4 peppers (yellow and red)

salt

1 tea spoon of pepper

ADD IF NEEDED :

2 spoons of corn starch

50 ml of water

PREPARATION :

1 . chop the meat to pieces and onion to small pieces ...

2 . peel the potatoes and chop them to pieces, just as meat ...

3 . peel the carrots and cut them to slices ...

4 . wash the parsley and chop it ...

5 . wash the peppers, clean them and cut them into stripes ...

6 . put the butter in a pot to heat up, add meat and fry it for 5 minutes till it changes the colour ...

7 . then add onion, garlic and fry for some 7 to 8 minutes ...

8 . add hot pepper, mild pepper, tomato paste and fry for 3 to 4 more minutes ...

9 . pour broth over it, add wine, sugar, pepper, marjoram according to your taste ...

10 . stir well and cover, when it starts boiling, add bay leaves and reduce cooking temperature, so that the stew simmers gently in the covered pot for some 45 minutes ...

11 . add potatoes, carrots, parsley and peppers ...

12 . stir well and cook for 20 more minutes, till the potatoes are soft.

NOTE :

When the stew is cooked, you can add some corn starch, if needed. Mixed with water, it will thicken your stew according to your wish. I do not add any corn starch, because I think the stew has just the perfect thickness.



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