

Jools's favourite beef stew



Jools goes mad for this stew in the colder months of the year, and the kids love it too. It's a straightforward beef stew to which all sorts of root veg can be added. I really like making it with squash and Jerusalem artichokes, which partly cook into the sauce, making it really sumptuous with an unusual and wonderful flavour. The great thing about this stew is that it gets put together very quickly, and this is partly to do with the fact that no time is spent browning the meat. Even though this goes against all my training, I experimented with two batches of meat – I browned one and put the other straight into the pot. The latter turned out to be the sweeter and cleaner-tasting, so I've stopped browning the meat for most of my stews these days.

Nutritional Information (amount per serving)

Calories	Carbs	Sugar	Fat	Saturates	Protein
645kcal	46.5g	17.8 g	19.4g	6.7g	52.6g

Serves 4

Ingredients

- olive oil
- 1 knob butter
- 1 onion, peeled and chopped
- 1 handful fresh sage leaves
- 800 g quality stewing steak or beef skirt, cut into 5cm pieces
- sea salt
- freshly ground black pepper
- flour, to dust
- 2 parsnips, peeled and quartered
- 4 carrots, peeled

Method

Preheat the oven to 160°C/300°F/gas 2. Put a little oil and your knob of butter into an appropriately sized pot or casserole pan. Add your onion and all the sage leaves and fry for 3 or 4 minutes. Toss the meat in a little seasoned flour, then add it to the pan with all the vegetables, the tomato purée, wine and stock, and gently stir together.

Season generously with freshly ground black pepper and just a little salt. Bring to the boil, place a lid on top, then cook in the preheated oven until the meat is tender. Sometimes this takes 3 hours, sometimes 4 – it depends on what cut of meat you're using and how fresh it is. The only way to test is to mash up a piece of meat and if it falls apart easily it's ready. Once it's cooked, you can turn the oven down to about 110°C/225°F/gas ¼ and just hold it there until you're ready to eat.

The best way to serve this is by ladling big spoonfuls into bowls, accompanied by a glass of French red wine and some really fresh,

- and halved
- ½ butternut squash, halved, deseeded and roughly diced
- 1 handful Jerusalem artichokes, peeled and halved, optional
- 500 g small potatoes
- 2 tablespoons tomato purée
- ½ bottle red wine
- 285 ml organic beef or vegetable stock
- 1 lemon, finely grated zest of
- 1 handful rosemary, leaves picked
- 1 clove garlic, peeled and finely chopped

warmed bread. Mix the lemon zest, chopped rosemary and garlic together and sprinkle over the stew before eating. Just the smallest amount will make a world of difference – as soon as it hits the hot stew it will release an amazing fragrance.

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