

Jamie Oliver



Jools's favourite beef stew

ROOT VEG, RED WINE & JERUSALEM ARTICHOKES

 **SERVES: 4**

 **COOKS IN: 3 HOURS 35 MINUTES**

DIFFICULTY: SUPER EASY

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
662	20.2g	8.4g	22.7g	2g	52.2g	55.9g	11g
33%	29%	42%	25%	33%	104%	22%	-

OF AN ADULT'S REFERENCE INTAKE

Ingredients

1 onion

2 parsnips

Method

1. Preheat the oven to 160°C/300°F/gas 2.
2. Peel and roughly chop the onion, peel and quarter the parsnips and peel and halve the carrots. Deseed and

½ a butternut squash

1 handful of Jerusalem artichokes , optional

a few sprigs of fresh sage

olive oil

1 knob of unsalted butter

4 carrots

800 g stewing steak or beef skirt , cut into 5cm pieces

plain flour

500 g small potatoes

2 tablespoons tomato purée

½ a bottle of red wine

285 ml organic beef or vegetable stock

1 lemon

a few sprigs of fresh rosemary

1 clove of garlic

roughly dice the squash, and peel and halve the Jerusalem artichokes (if using). Pick the sage leaves.

3. Heat a little oil and the butter in a casserole pan on a medium heat, add the onion and sage leaves, then fry for 3 to 4 minutes.
4. Meanwhile, toss the meat in a little seasoned flour, then add it to the pan with all the vegetables, the tomato purée, wine and stock, then gently stir together. Season generously with black pepper and just a little sea salt.
5. Bring to the boil, place a lid on top, then place in the 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.
6. Once cooked, turn the oven down to about 110°C/225°F/gas ¼ and just hold it there until you're ready to eat.
7. 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, warmed bread.
8. Finely grate the lemon zest, pick and finely chop the rosemary and peel and finely chop the garlic, then mix together and sprinkle over the stew before serving. Just the smallest amount will make a world of difference – as soon as it hits the hot stew it will release an amazing fragrance.

WERBUNG