

Texas Stew

6 - 8 Servings

Texas Stew

Amount	Size	Description
3	Lbs.	Boneless Beef Chuck Roast – Cut Into 1# Cubes
2	Cups	Red Wine (Enough to cover meat)
1	Tsp	Salt
4	Tbl	Old Norse World Cuisine Texas Chili – Adjust for spiciness and depth of flavor
3	Large	Carrots – Large Julienne Cuts – More if desired
1 ½	Cups	Sweet Corn – More if desired
4	Large	Russet Potatoes – Peeled and Cubed about 1”
2	Large	Bay leaves
3	Sprig	Thyme
4	Cups	Beef Stock
1	Tbl	Old Norse World Cuisine Chef Rick’s Hot Sauce (Optional for more spice and flavor)
		Canola Oil

1. Marinade the beef:
 - Place beef cubes in a Ziplock bag with enough wine to cover the meat.
 - Place in refrigerator to marinate over night.
2. Prepare stew:
 - Take beef out of marinade and let drain. Do not use the marinade.
 - Heat a skillet to medium high heat then add some oil.
 - Once the oil is heated add some of the beef cubes. Brown on all sides.
 - Take cubes out and place on a tray lined with paper towel. Allow any oil to drip away.
 - Continue browning all the beef cubes, not doing too much at one time. Focus on smaller batches.
 - When all the beef has been browned, preheat the oven to 300 degrees.
 - Using a roasting pan, add the beef stock, the cooked beef, the vegetables, and Texas Stew Spice Blend.
 - Make sure to use enough beef stock to cover the ingredients.
 - Place a little red wine in the skillet to deglaze the succs from the beef. Pour the sauce into the roasting pan
 - Create a bouquet garni with the thyme and bay leaves. Tuck this within the stock and vegetables.
3. Place the roaster in the oven and cook 1 ½ - 2 hours until the vegetables are al Dante, and the beef comes apart with a fork.
4. Using a slotted spoon, remove the meat and vegetables from the pot and set aside.
5. Stir flour, beef stock and a little Old Norse Texas Chili in cold water to make a slurry.

6. Bring the roaster to a gentle simmer and add the slurry a bit at a time. Continue until good consistency. Let sauce come to a simmer before adding more slurry. Sauce should lightly coat a spoon.
7. Taste the sauce. If a little bland, add a teaspoon of salt to enhance. Stir and taste. Repeat if necessary. Remember: Better to under season, that over season.
8. If you want more Texas Chili Flavor, add a little more Texas Chili Blend. Stir and taste.
9. Combine meat and vegetables and sauce together.
10. Place in refrigerator and chill overnight after cooling. This will allow all ingredients to combine completely.
11. To reheat, place pot in a preheated oven at 300 degrees.

