

CASSEROLE BEEF STEW WITH MASHED POTATOES

 LAHUEN

 4 servings  3 hours  difficulty: medium

INGREDIENTS

Srew

- 800 g beef: chuck, neck, chuck tender (28 oz)
- 2 cups red wine (400 ml / 13.6 fl oz)
- 1 onion
- 1 carrot
- 1 cup mushrooms (200 g / 7 oz)
- ½ cup tomato sauce (50 g / 1.8 oz)
- 6 cups vegetable or meat broth
- 1 tbsp oil
- 1 tsp flour

- ½ cup chopped bacon (100 g / 3.6 oz)
- 1 tsp thyme
- 1 clove garlic
- salt and pepper to taste

Mashed potatoes

- 600 g potatoes (21 oz)
- ½ cup butter (100 g / 3.5 oz)
- ½ cup whole milk (100 ml / 3.4 fl oz)
- nutmeg
- salt and pepper to taste

PREPARATION

- 1. For the meat:** cut meat, carrot and onion into pieces of about 2 cm (0.8 inches) each. Cut mushrooms into quarters and bacon into 1 cm (0.5 inches) cubes.
2. Dredge the pieces of meat in flour (lightly) and brown them in a pot with hot oil for 2 minutes per side; add bacon and continue cooking for two more minutes.
3. Add vegetables and sauté for 5 more minutes then pour in red wine and continue cooking for 5 minutes, check flavors with a dash of salt and pepper. Add tomato sauce and vegetable or beef broth; continue cooking at medium-low heat for 2 hours or until meat is soft and tender.
- 4. For the mashed potatoes:** peel and wash potatoes, cut into medium cubes and cook in cold water with a pinch of salt for 20 minutes until very soft, check with the tip of a knife.
5. Strain potatoes and while they are still hot, mash with a masher, then add butter, nutmeg and warm milk, serve with meat.

