

Hawk Hill Hearty Farmer Stew

1 large onion chopped
2 stalks celery, chopped into 1 inch slices.
4 medium carrots, 1 inch chunks
3 medium or 2 large potatoes, sliced into one inch chunks
2 large cloves garlic, chopped not mined
1 cup sliced mushrooms
1 lb trimmed stew beef
2 TBSP tomato paste
1-2 cups low salt chicken broth
1/2 -1 bottle beer - try a rich pale or dark beer for different flavors
1 tsp chopped rosemary
1 tsp chopped parsley
1/2 tsp thyme
2-3 bay leaves.
salt and pepper to taste
olive oil and butter to fry

In a large stove top to oven pot or Dutch oven, add olive oil and fry onions, carrots, celery and garlic until onions are translucent and slightly browned and celery is softening. Remove from pan and add 1 TBSP butter and mushrooms, fry until slightly brown. Remove from pan and add to onion mix. Brown beef in pan and add back onion mix and mushrooms. Add chicken broth, tomato paste, herbs and beer. There should be enough fluid to cover over all the ingredients. Bring just to a boil, cover and place in a hot oven (350°F) for about 1-2 hours. Monitor the fluid level to ensure it does not dry out (Add beer or broth as needed). Now head out to the barn and do your chores. Partially pre-cook the potatoes, drain and add to the stew. Cook another 10-15 minutes until potatoes are tender. Salt and pepper to taste. If required thicken with 1 TBSP flour first thinned in 1/4 cup cold water. The thickener will need to be added at the same time as the potatoes.

Eat with a loaf of hot bread....maybe some focaccia you learned to bake at Hawk Hill.
Enjoy