

# Ultimate Beef Stew

RECIPE LIGHTLY ADAPTED FROM THE BAREFOOT CONTESSA



## Ingredients

3 tablespoons olive oil  
4 oz small-diced pancetta  
(bacon works too)  
3 pounds boneless short ribs,  
cut in 1 ½ inch chunks (4 ½  
pounds on the bone)  
Salt and Pepper  
1 ½ cups red wine  
2 cups chopped yellow onions  
2 cups chopped fennel,  
trimmed and cored (1 large  
bulb), optional  
2 tablespoons minced garlic  
1 (14.5 oz) can diced tomatoes,  
including the juice  
2 tablespoons tomato paste  
2 cups beef broth  
1 pound carrots, scrubbed and  
cut ½ in thick  
1 pound Yukon Gold potatoes,  
scrubbed, 1 inch dice  
2 cups SWP frozen peas

## Directions

1. Preheat oven to 300°F.
2. Heat the oil in a large Dutch oven over medium heat. Add the pancetta (or bacon) and cook for about 5 minutes, until browned. With a slotted spoon, transfer the pancetta to a plate lined with a paper towel and set aside.
3. Meanwhile season the short ribs all over with 2 teaspoons of salt and 1 teaspoon of pepper. Brown half the meat in the Dutch oven over medium heat, turning occasionally, for 5 to 7 minutes, until browned on all sides. Transfer the meat to a bowl and brown the second batch. Transfer the second batch to the bowl and set aside.
4. Off the heat, add 1 cup of the wine to the pot, scraping up any browned bits, then simmer over medium heat for one minute. Add the onions and fennel (if using) and saute, stirring occasionally, for 7 to 8 minutes, until the vegetables are tender. Add the garlic and cook for one more minute.
5. Stir the tomatoes and tomato paste into the vegetables. Add the remaining ½ cup of wine, the beef broth, the seared meat (and juices), 2 teaspoons of salt, and 1 teaspoon of pepper. Bring to a simmer, cover, and bake in oven for 1 hour and 15 minutes, checking occasionally to be sure the liquid is simmering.
6. Degrease the stew, if necessary. Stir in the carrots and potatoes, cover, and bake for one hour longer, until the vegetables and meat are very tender when tested with a fork. Just before serving, stir in the peas and pancetta. Serve hot.