

Slow Cooker Beef Stew

A great recipe for Fall and Winter. It's loaded with tender bites of juicy beef, potatoes, carrots, peas, and red wine.

Ingredients:

1/4 cup flour	3 Tablespoons cold butter, separated	2 Tablespoons Worcestershire Sauce
1/2 teaspoon black pepper	2 cups yellow onion, diced	3 Tablespoons Tomato Paste
1/2 teaspoon garlic salt	4 cloves garlic, minced	5 medium carrots, cut into 1/4 inch cubes
1/2 teaspoon celery salt	1 cup high-quality cabernet or merlot	1 lb. baby Yukon gold potatoes, halved or quartered
2 1/2 pounds stew meat	4 cups beef broth	2 bay leaves
3-6 tablespoons olive oil	2 tsp better than bouillon, or 2 beef bouillon cubes	1 large branch rosemary
		1 cup frozen peas

Directions:

Cut meat into 1-inch cubes, discard any large pieces of fat. Fat marbled into the meat is fine!

Sprinkle beef with black pepper, garlic salt, and celery salt. Toss to coat. Sprinkle flour over the meat and toss again.

Heat 3 Tablespoons olive oil in a large skillet over medium-high heat. Add the meat in batches, don't overcrowd the pan. Brown on each side for 45 seconds. Add more oil if needed. Transfer to slow cooker.

Reduce heat to medium and melt 1 Tablespoon butter. Add onions and cook for 5 minutes. Add garlic and cook for 1 minute. Use a silicone spatula to clean the bottom of the pan, removing any brown remnants. This will give the soup lots of good flavor. If necessary, add a splash of wine to help loosen it. Transfer the onions/garlic mixture to the slow cooker.

Add all remaining ingredients except for the peas, corn starch mixture, and 2 tablespoons of cold butter.

Cook on low for 7 1/2 to 8 hours or high for 3 1/2 to 4 hours, until the vegetables are softened and the potatoes are fork tender.

Add the peas during the last 15 minutes of cooking.

Optional: To thicken, combine 1/4 cup COLD water with 3 Tablespoons of cornstarch. Slowly add it to the stew, stirring to incorporate. It will continue to thicken upon standing.

Turn off the heat. Remove the bay leaves and rosemary stem. Swirl in 2 tablespoons of cold butter for a smooth, velvety finish.

This is a technique that chefs use called "Monter au Beurre".

