

Beef, Chestnut and Red Wine Stew

Serves 2-3
hrs

Preparation Time: 15 mins

Cooking Time: 2

Whether it's an icy, cold winter's day or you simply need comfort, this beef stew will do the trick.

Ingredients

- ❖ 450g (1 lb) braising steak cut into large cubes and tossed in seasoned flour
- ❖ oil
- ❖ 1 onion, chopped
- ❖ 3 thyme sprigs
- ❖ 250ml (1 cup) red wine
- ❖ 300ml (½ pint) beef stock
- ❖ 2 carrots, sliced in batons
- ❖ 200g (½ lb) cooked chestnuts, fresh or vacuum-packed

Directions

1. Fry the beef in a little oil in a small casserole until brown.
2. Add the onions and keep frying until they brown.
3. Add the thyme, wine and stock, bring to the boil, then simmer for 1 hour, lid on.
4. Add the carrots and chestnuts, then season and cook gently for another hour, lid off.

Alternative Cooking Method

Cook in a preheated oven, 160°C/fan 140°C/325°F/Gas Mark 3, for the same length of time.

Serving Suggestion

Serve with rice, mash or baked potatoes.

Notes

Fresh, roasted chestnuts taste much better in the stew than the vacuum-packed ones.

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