

Hearty Hunters Stew

By Robert Graf from Alphorn Bistro

3 lbs beef (Chuck or Bottom round)

Flour for dredging

1 tsp salt

½ tsp ground black pepper

¼ Cup Vegetable Oil (more if necessary)

2 oz Butter

1 Large Yellow Onion

6 rashers of bacon diced

4 cloves of garlic

¾ Cup dry red wine

3 Cups beef broth

¼ Cup Balsamic Vinegar

1 tsp crushed bay leaf

1 Lb of carrots, peeled & cut into 1 inch chunks

1 Lb of Potatoes, peeled & cut into 1 inch chunks

½ Lb of Parsnips, peeled & cut into 1 inch chunks

½ Lb of roma tomatoes, peeled, cored & diced or 1 12 oz can of diced tomatoes

Chopped parsley for garnish

Combine flour, salt & pepper in a bowl

Cut beef into 1 inch cubes and roll in flour mixture to coat.

In Dutch oven heat oil add the beef and sauté until brown 5 or 6 minutes remove beef from pan and set aside. Lower the heat to medium and melt the butter, sauté onions, garlic & bacon for 3 to 5 minutes, add the wine and deglaze the bottom of the pan. Return meat to pan along with stock, vinegar and bay leaf. Simmer for 1 hour at low temperature add Vegetables and continue to simmer until they are tender. Garnish with chopped parsley and serve with hot bread and a big stein of beer or a glass of Hopler Pinot Noir or your favorite red wine.