

Seasonal Eating



Beef Braised with Red Wine and Mushrooms

- 3/4 cup dry red wine (merlot is good), divided
- 1 1/4 pounds lean beef stew meat, cut into 1/2 inch cubes
- 1 1/2 teaspoons salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 2 tablespoons olive oil
- 1 cup frozen pearl onions or 1/2 large onion roughly chopped
- 16 ounces mushrooms, cut into quarters or sixes
- 2 large carrots sliced 1/4" thick
- 1 1/2 cups fat free, reduced sodium beef broth
- 4 sprigs fresh thyme, leaves removed and stems discarded
- 3 cloves garlic, pressed
- 2 bay leaves
- 2 tablespoons water
- 2 tablespoons cornstarch

In a medium bowl, combine 1/4 cup wine and the beef, stirring to coat. Let marinate in refrigerator for 30 minutes to 1 hour. Drain off wine and pat beef dry with a paper towel. Sprinkle beef with 1/2 teaspoon salt and 1/4 teaspoon pepper. Heat oil in a large Dutch oven over medium-high heat. Add half of beef to pan; sauté 5 minutes or until lightly browned on all sides. Remove beef from pan with a slotted spoon; place in a bowl. Repeat procedure with remaining beef. Add onions to pan, and sauté 3 minutes or until lightly browned. Add mushrooms and carrot. Sauté 3-5 minutes or until mushrooms are tender. Add beef, remaining teaspoon of salt, remaining 1/4 teaspoon pepper, broth, remaining 1/2 cup wine, thyme, garlic and bay leaves. Bring to a boil. Cover, reduce heat and simmer 1 1/2 hours or until beef is tender. Uncover and cook 20 minutes, stirring occasionally. Combine cornstarch and water in a small bowl. Add mixture to pan and bring to a boil. Cook 1 minute or until liquid thickens. Season with salt and pepper to taste. Discard bay leaves. Serve over wide noodles cooked in beef broth.