

# Beef Stew (stufato)



## INGREDIENTS (serves 4)

Meat broth 2,5 liters  
1 kg beef meat cut into 4/5 cm cubes  
1 onion (chopped)  
1 rib celery (chopped)  
1 carrot (chopped)  
4 Spoons extra virgin olive  
30 g all purpose flour  
Black pepper to taste  
1 glass of red wine  
30 grams of butter (optional)  
1 spring of rosemary  
1 spring of thyme  
3 sage leaves  
Salt up to taste

## METHOD

Step 1:

**FLOUR** the beef meat

Step 2 **HEAT** the oil and butter (optional) in a large pot

**ADD** the chopped onion, celery and carrot

**COOK** them for ten minutes, until soft. You can add a little hot broth

**ADD** the beef

**RAISE** the heat and **LET the meat SEAL** well for a few minutes

**ADD** the red wine

**LET IT EVAPORATE** completely without covering the pan

**ADD** the broth

**ADD** the sage, rosemary, thyme, salt and pepper

Step 3:

**COVER** with a lid and cook on a medium heat for at least two hours

**STIR** occasionally

**CHECK** that it does not dry, in case add some broth

Grade of difficulty: medium

Preparation time: 20 mins

cooking time: 2hours