



SPANISH

Estofado de Ternera

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	2 hr 15 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 1½ tsp salt
- ½ tsp black pepper
- 3 tbsp olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 4 cloves garlic, chopped
- 2 tsp sweet smoked paprika (pimentón dulce)
- 1 tbsp all-purpose flour
- 250 ml (1 cup) dry white or red wine
- 500 ml (2 cups) beef stock
- 2 bay leaves
- 3 carrots, thickly sliced
- 600 g (1⅓ lb) potatoes, cut into 4 cm (1½ in) chunks
- 100 g (¾ cup) frozen peas
- Chopped parsley, to serve

Steps

1. Season the beef with salt and pepper. Heat 2 tbsp oil in a heavy pot over medium-high heat and sear the beef in batches until browned, about 5 minutes per batch. Set aside.
2. Reduce the heat to medium and add the remaining oil, the onion and the pepper. Cook for 8 minutes until soft. Add the garlic and cook for 1 minute.
3. Stir in the paprika and flour for 30 seconds, taking care not to scorch the paprika.
4. Pour in the wine and bring to a bubble, scraping the pot. Simmer for 3 minutes until it reduces by about half.
5. Return the beef and add the stock and bay leaves. Cover and stew over low heat for 1 hour 15 minutes.
6. Add the carrots and potatoes. Cover and cook for 35 minutes more until the beef and vegetables are tender.
7. Stir in the peas and cook for 3 minutes until bright green. Taste for salt and scatter with parsley.

Notes

- **Make ahead:** the stew tastes better the next day; keep for four days in the fridge.
- **Serving:** with crusty bread, as a one-pot supper.
- **Variations:** add a splash of sherry at the end, or swap peas for sliced chorizo with the onion.
- **Slow cooker:** sear the beef and soften the onion and pepper, then cook on low 8 hr or high 4–5 hr, adding the carrots and potatoes for the last 2 hr on low and the peas for the last 10 minutes.
- **Twist:** for a non-traditional twist, stir 1 tsp smoked paprika into the onion as it cooks for a smokier, chorizo-like depth.