

## ***Beef Stew with Currant Jelly & Cream***

*Author: Cherrie Sherman's recipe adapted from Wolfgang Puck, via Our House cooking school in San Juan Capistrano.*

***Carolyn T's  
Cookbook***

**Servings: 8**



*Notes: Can be served with rice, pasta or even mashed potatoes to soak up the great sauce.*

*Description: Savory thick stew, slightly sweet.*

### **Preparation Time: 45 minutes**

Start to Finish Time: 3 hours 15 minutes

1. **THE NIGHT BEFORE:** In a large bowl, toss together beef, celery, carrots, onions, wine, bay leaves, rosemary and thyme. Cover and refrigerate overnight, stirring a few times.
2. **THE NEXT DAY:** Drain meat & vegetables and save marinade and set aside. In a large, enameled cast-iron pot, heat 2 tablespoons oil until shimmering, add meat & vegetables in batches and cook over moderately high heat until lightly browned on bottom, transfer to large bowl. Repeat with remaining oil and meat/veggies. Return meat and veggies to pot, stir in flour and cook, stirring about 2 minutes. Add red wine vinegar and scrape up browned bits, add reserved marinade, tomato paste and simmer about 2 minutes. Add stock and red currant jelly, season stew and bring to boil. Reduce heat to low and simmer, stirring occasionally about 2 - 2 1/2 hours until meat is very tender.
3. Ten minutes before serving add the mushrooms. Just before serving, stir in heavy cream, season and simmer for just a minute to heat through.

### **BEEF & MARINADE:**

**4 pounds beef chuck, cubed 1-inch**  
**6 ribs celery, coarsely chopped**  
**6 large carrot, coarsely chopped**  
**3 medium onion, coarsely chopped**  
**1 1/2 cups dry red wine**  
**2 whole bay leaves**  
**1 tablespoon rosemary, chopped**  
**1 tablespoon thyme, chopped**

### **STEW:**

**1/4 cup peanut oil**  
**1/4 cup all-purpose flour**  
**1/4 cup red wine vinegar**  
**1/4 cup tomato paste**  
**1 quart beef stock**  
**2 cups button mushroom, cleaned & trimmed [my addition]**  
**6 tablespoons currant jelly, red type**  
**1/2 cup heavy cream**  
**salt and pepper, to taste**

*Serving Ideas: This would be great served in individual pots or small casserole dishes. Serve with a hearty red wine that can hold up to the sweetness of the stew.*

Categories: Beef

**Carolyn T's Blog:**

**<http://tastingspoons.blogspot.com>**

*Per Serving (excluding unknown items): 738 Calories; 48g Fat (61.7% calories from fat); 39g Protein; 28g Carbohydrate; 4g Dietary Fiber; 152mg Cholesterol; 1327mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat; 1/2 Other Carbohydrates.*