

BEEF & BARLEY STEW

INGREDIENTS

1 lb. (or more) of 2 stew beef, cut into 1" cubes, patted dry	Approximately 6 cups water or beef stock
½ cup flour	1 small can V-8 juice or tomato juice (optional)
1 tsp garlic powder	1 Tablespoon Worcestershire sauce
some salt & pepper	2 teaspoons soy sauce
1 onion, chopped	1 teaspoon of Gravy Master (optional for color)
1 garlic clove, chopped	¼ cup Sherry (not cooking Sherry, drinking Sherry)
3 carrots, peeled & sliced into coins	¼ cup Marsala wine (not cooking wine, drinking wine)
3 celery stalks, sliced	Some fresh or dried rosemary leaves wrapped in cheesecloth or a tea infuser.
¾ cup cabbage or Brussel sprouts, finely shredded	½ cup pearl barley, rinsed, OR 2 medium potatoes

LET'S MAKE IT!

Place flour into a gallon sized zip-top bag with garlic powder, salt and pepper & shake to mix. Drop pieces of DRY, cubed beef into the flour and shake to cover all sides. With hand in bag, pick up a handful of meat and shake off excess flour. Set aside dredged beef

In a heavy-bottomed stew pot, add some olive oil to coat bottom of pan and heat to medium-high. Drop dredged beef into pan and brown on all sides. Adjust heat if necessary, to avoid smoking and burning of flour. Don't over-crowd the pan or stack the beef cubes on top of each other. Brown in batches if necessary. Add more oil if needed. When browned, remove beef from pot & set aside. Reduce heat to medium.

Add a drizzle of olive oil & onions to pot and cook until softened. Return meat to pan.

Add enough water or beef stock (or both) to cover the meat. (Essentially use as much liquid as the amount of stew you'd like to make). Adjust salt and pepper seasonings to taste. Tie bag of cheesecloth or tea infuser w/ rosemary in it to edge of pan for ease of retrieval before serving.

Add all remaining ingredients EXCEPT FOR THE POTATOES or BARLEY

Bring to a simmer and then reduce heat to low for several hours (the longer the better, but a minimum of one hour).

IF using BARLEY: in the last 40 minutes before serving, turn up heat to medium and add the rinsed barley, stirring occasionally.

IF USING POTATOES: in the last 15 minutes before serving, turn up the heat to medium and add the potatoes.