



(Serves – 4 to 6) (Prep. – 1:30 hr./mins. + Cooking – 3:30 hrs./mins. = 5:00 hrs.)

Ingredients:

3 – lb. boneless beef chuck roast	2 – tbsp. tomato paste	1 – 14.5 oz. can whole peeled tomatoes (not plum/Italian)
4 – bacon slices	3 – garlic cloves	2 – teasp. herbes de Provence
4 – shallots (medium size)	2 – cups hearty dry red wine (e.g. Merlot or Cabernet)	4 – strips of orange zest (removed with a vegetable peeler, no longer than 2 ½")
2 – tbsp. cognac	4 – tbsp. flat leaf parsley, coarsely chopped	Kosher salt & freshly ground pepper, to taste
1 – lb. carrots		
2 – tbsp. extra virgin olive oil		

Special Equipment: 7 to 8 quart enameled cast iron pot with cover. (Although the dish will fit in a smaller pot, this larger pot provides the necessary bottom space for the correct browning.)

1. Position an oven rack in the lower third of the oven. Pull roast apart with your fingers along its natural seams. Use a knife where seams do not separate readily. Trim off thick fat layers from the edges. Cut the beef into 1 ½" to 2" cubes and spread out on a large, double-folded paper towel, separated into 3 equal batches. Cut the bacon into 1/2" pieces. Slice the shallots thinly (about 1/8" thick) to produce 2 cups. Peel the carrots and cut into about 1" pieces to produce 2 cups. Chop the garlic fine. Open the tomato can and remove the lid.

2. Put the oil and bacon in the pot over medium heat, stirring occasionally, until the bacon is browned but not crisp, 8 to 10 mins. Remove the bacon with a slotted spoon to a small bowl, keeping the oil in the pot. Turn off heat. Season a third of the beef cubes just over the tops of the cubes with salt and pepper, to taste. Put the pot over medium heat. Just as the oil starts smoking, place this seasoned third of the cubes in the pot in a single layer without touching. Cook cubes on all sides, no more than 12 mins. total, until they are a deep brown, but not burnt.

Using a slotted spoon, remove to a plate. Salt and pepper the tops of the second batch of cubes, and brown in the same way. Remove to the plate. Preheat the oven to 325 degrees. Salt and pepper the third batch of beef cubes, brown in the pan, and remove to the plate.

3. Pour off all but about 1 tbsp. of the liquid from the pot and discard the rest. Put the pot over med./high heat. Just as the oil starts smoking, add the shallots and season with ground pepper, to taste, and a generous amount of salt (about 1/8 teasp.). Sauté until they begin to soften, about 1 min. Add the cognac and let it boil away.

4. (12 mins.) Keeping the heat on med./high, add the tomato paste, garlic, and herbes de Provence, stirring with a whisk to mix, and cook for 1 min. Add the wine, scraping the pot bottom and sides with a wooden spoon to dislodge brown bits, and bring to a boil. Pour the liquid from the tomato can into the pot, holding back the tomatoes. Crush the tomatoes by hand,

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one at a time and drop them into the pot. Then add the beef and the juices from beef plate, orange zest, bacon, and carrots. Bring to a simmer over med./high heat.



5. (2:30 hrs./mins.) Cover the pot and place in the oven and cook for 2 ½ hours, **stirring stew every 45 mins.** Remove from oven and skim off any clear surface fat. Stir in salt and pepper, to taste, and sprinkle with the parsley. Serve in a dinner serving dish.

————— ENJOY! —————