

Frank's Beef Stew

Ingredients

(none recorded)

Method

Cut chuck roast into rather large chunks, at least 2 x 2 inches. I season them with salt and pepper, put them in a bag with a scoop of flour, and shake it all up. Brown fairly high and thoroughly in olive oil.

Then I put them in a large pot, brown a whole mess 'o onions, and add those to the pot. Then it's a little celery, a can of tomatoes with juices, a cup or more of red wine, some herbs, a bay leaf, and some chicken stock if it seems the liquid isn't sufficient. The liquid shouldn't completely cover the stuff.

Oven at 325 or very slowly simmering, just a bubble or two of motion, on the stove. Covered in the oven, or mostly covered on the stove, to help regulate the slow simmer. It always takes longer to cook than I expect. The meat should be really tender.

Notes

Helen's note: No rosemary!