**TREFETHEN
CABERNET
BEEF STEW**

Trefethen

INGREDIENTS

¼ cup all-purpose flour

¼ tsp freshly-ground pepper

1 lb beef stewing meat, trimmed and cut into 1-inch cubes

¼ cup vegetable oil

1 cup Trefethen Cabernet Sauvignon

2 Tbsp tomato paste

3 ½ cups beef broth

2 bay leaves

12 pearl onions, peeled &

chopped

5 medium carrots, peeled & cut into ¼ -inch rounds

12 small golden potatoes, peeled and cut into ¾ -inch cubes

salt and pepper to taste

PROCEDURE

1. Combine the flour and pepper in a bowl, add the beef and toss to coat well.

2. Heat the oil in a large pot. Add the beef a few pieces at a time; do not overcrowd the pot, browning the meat in batches if necessary. Turn pieces until beef is browned on all sides, cooking about 5 minutes per batch, adding more oil as needed between batches.

3. Remove the beef from the pot and add the onions. Cook over medium-high heat, scraping the pan with a wooden spoon to loosen any browned bits. Add the tomato paste and cook dry.

4. Add wine to the pot and bring to a simmer. Return the beef to the pot, adding the broth and bay leaves. Bring to a boil, then reduce to a slow simmer.

5. Skimming the broth from time to time, cook stew until the beef is tender, about 1 1/2 hours. Add the carrots and simmer, covered, for 10 minutes. Add the potatoes and cook until vegetables are tender, about 30 minutes more. Add more broth or water if the stew becomes dry.

6. Remove from heat, season with salt and pepper to taste. Serve and enjoy

TREFETHEN WINE PAIRING

Cabernet Sauvignon: *Ripe, focused flavors of cherry, boysenberry, and blackcurrant are complemented by soft notes of cedar, bay leaf, and a savory earthiness.*