

Cama's Feast

WINERY

♥ *February 2013 Cellar Club Party* ♥

BEEF BRASATO AL VINO ROSSA WITH POLENTA AND ROASTED ROOT VEGETABLES

Paired with 2009 Petit Verdot

Yield: 6-8 servings

INGREDIENTS:

1 TABLESPOON OLIVE OIL	3 CUPS DRY RED WINE
8 OUNCES SMOKED CARLTON FARMS BACON, DICED	2 1/2 CUPS BEEF BROTH
2 1/2 POUNDS STEW MEAT, PREFERABLY CHUCK, CUT INTO 1-INCH CUBES	1 POUND CARROTS, 1 INCH PIECES
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER	1 TABLESPOON ROSEMARY, FRESH, MINCED
2 EACH YELLOW ONIONS, LARGE, DICED	2 OUNCES BUTTER
3 TABLESPOONS GARLIC, CHOPPED	12 OUNCES MUSHROOMS, CRIMINI OR BUTTON, QUARTERED
1/4 CUP TOMATO PASTE	1/4 CUP PARSLEY, MINCED
1/4 CUP GARBANZO FLOUR (OR POTATO STARCH)	

METHOD:

1. Preheat the oven to 300° F.
2. Heat the olive oil in a large Dutch oven over medium heat. Add the bacon and cook until the bacon is lightly browned. Remove the bacon and reserve, leaving the bacon fat behind.
3. Season the beef with salt and pepper. Increase the heat to high. Put a single layer of meat into the oil and sear, turning to brown on all sides. Remove the seared meat and cook the remaining beef in batches using the same method. Reserve.
4. Once all the beef is browned and set aside, add the onions and garlic to the pan and cook for 8-10 minutes.
5. Add the tomato paste and cook for an additional 5-8 minutes.
6. Add the garbanzo flour and stir well to combine.
7. Add the wine while whisking continuously to prevent lumps. Add the beef broth while continuing to whisk.
8. Add the bacon, beef, carrots and rosemary to the wine mixture and increase the heat to high and bring to a boil then immediately reduce the heat to a simmer.
9. Cover and place the pot in the oven. Continue to cook for 1 1/2 hours.
10. Meanwhile, melt the butter in a sauté pan over medium high heat without browning. Add the mushrooms and cook for 10 minutes. Reserve.
11. Remove the beef mixture from the oven and add the mushrooms. Return the pot to the oven and continue to cook for 30 minutes or until the meat is tender.
12. Adjust the seasoning with salt and pepper and stir in the parsley. Serve over polenta with roasted vegetables.

Recipe by Chef Wendy Bennett of Wine Country Cooking Studio
www.winecountrycookingstudio.com