



STARFIELD VINEYARDS

Food Pairing: Cuvée À Gauche & Beef Burgundy

Ingredients

- 1 tablespoon olive oil
- 2 pound boneless beef chuck, trimmed of fat and cut into 1 1/2-inch chunks
- 3 large carrots, cut into 1-inch pieces
- 3 clove garlic, crushed with side of chef's knife
- 1 large onion, cut into 1-inch pieces
- 2 tablespoon all-purpose flour
- 2 tablespoon tomato paste
- 3/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 2 cup dry red wine
- 4 sprig fresh thyme
- 10-ounce of mushrooms, each mushroom cut in half
- 1 bag frozen peas

Directions

1. In Dutch oven, heat oil on medium-high until hot. Pat beef dry with paper towels. Add beef, in 2 batches, and cook 5 to 6 minutes per batch or until well browned on all sides. With slotted spoon, transfer beef to medium bowl. Preheat oven to 325 degrees F.

2. To drippings in Dutch oven, add carrots, garlic, and onion, and cook 10 minutes or until vegetables are browned and tender, stirring occasionally. Stir in flour, tomato paste, 3/4 teaspoon salt, and 1/2 teaspoon coarsely ground black pepper; cook 1 minute, stirring. Add wine and heat to boiling, stirring until browned bits are loosened from bottom of Dutch oven.

3. Return meat and any meat juices in bowl to Dutch oven. Add thyme and mushrooms; heat to boiling. Cover and bake 1 1/2 hours or until meat is fork-tender, stirring once. Discard thyme sprigs. Just before stew is done, cook peas as label directs. Stir in peas.

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