Old-Fashioned Beef Stew

Raciones para 1

- ❏ 1 kg
  Chopped Beef
- ❏ 1
  Onion
- ❏ 2
  Leeks
- ❏ 3-4
  Potatoes
- ❏ 4
  Carrots
- ❏ 1
  Dakt Beer
- ❏ 750 ml
  Beef stock
- ❏
  Extra virgin olive oil
- ❏
  Salt
- ❏
  Black pepper
- ❏ 1
  Bay leaf
- ❏ 3
  Garlic cloves
- ❏ 2 teaspoon
  Tomato paste
- ❏
  Rosemary

1. Add Sal and pepper the beef. Cover the bottom of a pan with olive oil and preheat. Add the beef and cook until browned. Remove and reserve.
2. Add the garlic and cook. Then add the onion, leek julienne cut and chopped carrots. Saute until tender.
3. Incorporates tomato paste, mix and add the reserved beef.
4. Add beer and let the alcoholevaporatethen. Add the broth, rosemary, bay leaf and allow it to simmer for two hours. Leave the pan covered and stir occasionally and if necessary add more broth or water.
5. Make sure the beef is tender, and if so, add the peeled potatoes, the cut into medium pieces and cook for15 minutes. Once the potatoes are ready, withdraw from the heat and serve this delicious beef stew hot.

Chef's Notes

https://cookinglovers.teka.com/en/receta/estofado-de-ternera-al-estilo-tradicional/