Beef stew with Port wine

Raciones para 1

- ❏ 500 g
Casserole beef
- ❏ 15 g
Plain flour
- ❏ 30-45 ml
Extra virgin olive oil
- ❏ 10
shallots, peeled and whole
- ❏ 2
carrots, peeled and sliced
- ❏ 200 ml
Port wine
- ❏ 200 ml
water or beef stock
- ❏ 1-2 sprigs
fresh thyme
- ❏
Salt
- ❏
Black pepperPimienta negra molida

1. Dust the meat in the flour, shaking off any excess. Heat the oil in a large casserole pan and brown the meat in batches over high heat. Remove with a slotted spoon and set aside.
2. Reduce the heat and add the shallots and carrots. Cook for a 2-3 of minutes before returning the beef to the pan.
3. Add the Port wine and cook uncovered on a high heat for a few minutes until the alcohol has evaporated.
4. Add the water or stock, the thyme, and salt and pepper to taste.
5. Cover the casserole pan with the lid and simmer for a couple of hours on a very low heat or until the beef has turned soft and tender.
6. Let sit for a few hours or, even better, until the following day. Serve with mashed potato for a complete meal.

Chef's Notes

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