



*l'art de cuisiner*

# STARK & WHYTE

## *La Cocotte ... "Beef Stew"*

### *Method*

#### *Ingredients:*

2 lbs. of beef short ribs, cut  
into 2" pieces  
3 tbsp. of olive oil  
3 onions, chopped  
3 carrots, sliced  
3 stalks of celery, chopped  
6 garlic cloves, minced  
3 cups red wine  
¼ cup of tomato paste  
1 can of beef stock  
3 bay leaves  
3 sprigs of fresh thyme  
Salt & pepper

1. Preheat oven to 160°C / 325°F.
2. Heat oil in Staub "Cocotte" med/high heat.
3. Season ribs and brown evenly and thoroughly.
4. Remove ribs and reserve on a plate.
5. Add onions, carrot and celery to the "Cocotte". Sauté, making sure to scrape up any brown bits on the bottom of the pan until the vegetables are caramelized.
6. Add garlic, wine and tomato paste and stir well. Add beef stock and browned beef and bring to a simmer.
7. Turn oven down to 105°C / 225°F.
8. Cover and cook in oven for 2-3 hours, until meat is very tender, and beginning to fall off the bone.

Serve with mashed potatoes or fresh baked rolls.





*[www.starkandwhyte.com](http://www.starkandwhyte.com)*