



GREEK

Beef Stifado

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	2 hr 30 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 4 tbsp olive oil
- 1 kg (2¼ lb) small pearl or shallot onions, peeled and left whole
- 4 cloves garlic, sliced
- 2 tbsp tomato paste
- 250 ml (1 cup) dry red wine
- 2 tbsp red wine vinegar
- 400 g (14 oz) canned chopped tomatoes
- 250 ml (1 cup) water or beef stock
- 1 cinnamon stick
- 4 whole cloves
- 3 bay leaves
- 5 allspice berries
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1 tbsp honey (optional)

Steps

1. Pat the beef dry and season with salt and pepper. Heat 2 tbsp oil in a wide, heavy pot over medium-high heat and sear the beef in batches until browned, about 5 minutes per batch. Set aside.
2. Lower the heat to medium. Add the remaining oil and the whole onions and cook, shaking the pot, for 8 minutes until they are lightly golden. Add the garlic for 1 minute and stir in the tomato paste.
3. Pour in the wine and vinegar and deglaze, scraping the bottom. Let it bubble for 3 minutes.
4. Return the beef. Add the tomatoes, water, cinnamon, cloves, bay and allspice. The liquid should come about two-thirds up the meat.
5. Bring to a gentle bubble, cover, and stew on low heat for 2 hours, without stirring much, so the onions stay whole.
6. Uncover and simmer for 15 to 20 minutes until the sauce is thick and glossy and the beef is tender. Stir in the honey if the tomatoes taste sharp.
7. Remove the cinnamon, cloves and bay, taste for salt, and serve hot.

Notes

- **Serving:** with crusty bread, rice, or orzo, and a spoonful of feta on the side.
- **Make ahead:** the sauce deepens after a night in the fridge.
- **Other cuts:** shank or short ribs work well; add 30 minutes.
- **Slow cooker:** sear the beef and brown the onions, then cook everything on low 8 hr or high 4–5 hr. Finish lid off on high for 30 minutes to thicken the sauce.
- **Shortcut:** use frozen pearl onions straight from the freezer and skip the peeling.

- **Chef's touch:** stir in 1 tbsp raw olive oil off the heat; it gives gloss and a fresh, fruity finish.