



You will need: a medium or large pot with a lid, a heatproof container, one large potato, one onion, one celery stalk, one carrot, one pound of beef stew meat, salt and pepper, a few spoonfuls of flour, oil (any kind), tomato paste (optional), two bay leaves, red wine (optional), one quart of beef broth

Step
1



Chop the vegetables into large pieces.

Step
2



Generously **sprinkle the meat** on all sides with salt and pepper, then sprinkle flour over the meat and **toss** to coat.

Step
3



Coat the bottom of the **pot with oil and heat** over medium-high heat until the oil is very hot and shimmering, about three minutes. **Place the meat** in the pot and cook it for three to four minutes without disturbing it. (A nice **brown crust is forming.**) Turn the meat and cook it a few more minutes until it's browned on all sides. Remove the meat to a plate.

Step
4



Pour all but a couple of spoonfuls of the hot oil into a heatproof container (you can throw the oil away after it cools) and return the pot to the stove over medium-high heat. **Add the onion, carrot, and celery;** season with salt and pepper; and cook, stirring occasionally, until the vegetables are browned, about five minutes.

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Add the **tomato paste** (if using) and **bay leaves** and stir to coat the vegetables in the tomato paste. **Pour in enough wine** (if using) to coat the bottom of the pot, then use the back of a spoon to **scrape up** any browned bits stuck to the bottom. (This is called deglazing.)



Add the **potato**, **the meat** and any accumulated juices, and enough **beef broth** to cover everything. Bring to a boil, then lower the heat so the stew is simmering. **Cover and simmer** until the meat is tender, **about one hour**. Season with salt and pepper to taste and serve.

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