

Ragout of Beef with Red Wine

Recipe courtesy Georgia Downard



Recipe Summary

Prep Time: 10 minutes

Cook Time: 1 hour

Yield: 4 servings

User Rating: ★★★★★

1/4 cup flour
1/2 teaspoon salt, plus more for seasoning
1/2 teaspoon black pepper, plus more for seasoning
1 pound round or chuck steak, cubed
1/4 cup vegetable oil
1 large onion, thinly sliced
1 large celery rib, thinly sliced
2 carrots, very thinly sliced
1 large clove garlic, minced
1 teaspoon dried oregano
1 (16-ounce) can stewed tomatoes, with their juices
1 cup red wine
Parsley, chopped (optional)

In a pie plate, combine flour, salt, and black pepper. Lightly coat both sides of the meat with the seasoned flour: shake off any excess. Reserve the remaining seasoned flour to use in the gravy later. Heat 2 tablespoons of the oil in a large skillet. Add the meat and cook over high heat, turning once, for 1 to 2 minutes per side, until browned. Remove with tongs or a fork to a plate. (Depending upon the skillet size, this may need to be done in 2 batches. Do not crowd pan, or the meat will not brown.) Add the remaining 2 tablespoons of oil to the drippings in the pan along with the onion, celery, and carrots. Cook over medium-high heat, stirring, for 2 minutes, until lightly browned. Reduce the heat to low, cover the skillet, and cook for about 10 minutes, until the vegetables are almost tender. Add the garlic and sprinkle the reserved seasoned flour over vegetables. Cook, stirring 1 minute. Add oregano, tomatoes with their juices, and the wine. Return the meat and any accumulated juices to the pan. Bring to a simmer, cover, and cook over low heat for 20 minutes, or until the meat and vegetables are tender. Season with additional salt and pepper to taste. And stir in optional parsley if you desire.

Episode#: CL9472

Copyright © 2006 Television Food Network, G.P., All Rights Reserved