

Beef Stew

A slow-simmered beef stew with carrots, potatoes and peas

DIFFICULTY Easy
COURSE Main
CUISINE Australian



PREP
20 min



COOK
150 min



TOTAL
170 min



SERVES
6



FREEZES WELL
Yes

01 Ingredients

- 1kg beef chuck or gravy beef, cut into 3cm cubes
- 2 tbsp plain flour
- 2 tbsp olive oil
- 2 onions, chopped
- 3 garlic cloves, crushed
- 2 tbsp tomato paste
- 750ml beef stock
- 2 tbsp Worcestershire sauce
- 2 bay leaves
- 3 carrots, cut into chunks
- 500g potatoes, cut into chunks
- 1 cup frozen peas

02 Method

1. Toss the beef in the flour with a good pinch of salt and pepper.
2. Heat half the oil in a large heavy pot and brown the beef in batches over high heat, 3 minutes per batch. Set aside.
3. Add the remaining oil and cook the onions for 5 minutes. Add the garlic and tomato paste and stir for 1 minute.
4. Return the beef, add the stock, Worcestershire sauce and bay leaves, and scrape up the browned bits. Bring to the boil, cover and simmer very gently for 1 hour 15 minutes.
5. Add the carrots and potatoes and simmer covered for 40 minutes until the beef and vegetables are tender.
6. Stir in the peas for the last 5 minutes. Remove the bay leaves, taste and season.

04 Common mistakes

- **Crowding the pan** — meat steams instead of browns; work in batches.
- **Boiling the stew** — a hard boil toughens the meat; keep it at a bare simmer.
- **Adding the vegetables too early** — they turn to mush; add them after the beef is mostly tender.

03 Notes & substitutions

- Add a cup of red wine in place of some of the stock for depth.
- Swap the potatoes for pumpkin or parsnip.
- Make it in a slow cooker: brown the beef, then cook everything on low for 8 hours.
- Serve with mashed potato, crusty bread or steamed greens.

05 Storage & leftovers

FRIDGE	Up to 4 days.
FREEZER	Freezes well for up to 3 months. The potatoes soften slightly.
REHEATING	Reheat gently on the stove until steaming hot.