

Beef Bourguignon (Beef Stew)

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1. Wash and dry the vegetables, thinly slice the onion, peel the potatoes and carrot and roughly dice cut about 1 inch length.
2. Prepare the stew meat, pat the meats dry with paper towels, season with the salt and pepper entirely then lightly dust the meats with the flour, set aside.
3. In a medium pot, heat 1 Tablespoon of butter on medium-high heat. Add the sliced onion and diced celery, cook 3-4 minutes until soft. Stop heat and keep it warm.
4. In a medium pan, heat 2 teaspoons of olive oil on medium-high heat. Add the meat and stir 2-3 minutes until browned. Transfer meat to the medium pot and combine with onion.
5. In a medium pot, add 1 can of diced tomato, 2 Tablespoons of tomato paste, 3/4 cup of red wine, 2 1/2 cups of water & 1 1/2 Tablespoons of **Ginger Broth Concentrate** and stir thoroughly and turn on high heat.
6. Turn down the heat to medium-low when boiled. continue on cooking no cover. Cook for 30 minutes.
7. Add 2 Tablespoons of heavy cream, carrots and Potatoes. Mix well and cook another 40 minutes.
8. Turn off the heat. Let rest the pot for 10 minutes. Serve on the dishes. Top the stew with the parsley and heavy cream.