

## Beef Stew Recipe

### Ingredienti per 4 persone:

- 1 kg (about 2.2 lb) of beef (*manzo*) for stew
- 1/2 *cipolla* (onion)
- 1 *spicchio d'aglio* (garlic clove)
- 1 *carota* (carrot)
- 1 stalk of *sedano* (celery)
- 2 *patate* (potatoes)
- 1 twig of *rosmarino* (rosemary)
- a couple of leaves of *alloro* (bay leaves)
- 1 *dado* (bouillon cube)
- olio d'oliva
- sale
- Optional: 2 *pomodori* (tomatoes) or *passata di pomodoro* (e.g. Pomì)

### Procedimento:

- 1- chop the carrot, onion, celery and garlic
  - 2- put in a pressure cooker with a little olive oil over low flame to make a sweat (*soffritto*). Then add the meat and the bouillon cube
  - 3 -when the meat outside is brown (extra step: in a few years->add a glass of wine and let it evaporate) cover with water and add the [whole] rosemary twig, bay leaves and if you want other spices
  - 4- close the pressure cooker and pressurize (i.e. until the pressure cooker begins to whistle), cook for about 10-15 minutes
  - 5- depressurize, add the potatoes (washed and cut in big chunks) and cook again under pressure for another 10-15 minutes
- If you use a regular pot or a slow cooker**, cook at low heat for 2-3 hours, covered, mixing from time to time. While it cooks you can do your Physics homework ;)
- If most of the water has evaporated, simply add water (you can make the stew more or less thick based on your taste)
- 6-when it is ready (be sure that both meat and potatoes are cooked and so soft that you can cut them with a fork) add salt if needed
  - 7- you can make the sauce more creamy by mixing a spoon of sifted flour

Buon appetito!

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