

Inspired Hillier Recipes

Main

BEEF AND BARLEY STEW

Method:

Preheat the oven to 160°C.

Coat the beef in the flour. Heat a couple of tablespoons of oil in a large saucepan. Place a layer of flour-coated beef in the pan, turning so the beef browns all over. Do not add too much beef at a time or it will boil in its juices, rather than fry. Once browned, place the beef in a casserole dish and continue with the next batch until all the beef is browned and in the casserole dish. Add a little more oil each time, if required.

In the same pan used to brown the beef, add the vegetables, thyme and bay leaves. Gently cook for 10 minutes, stirring to prevent the vegetables from catching.

Add the wine to the pan with the vegetables. Bring to the boil, then reduce heat and continue cooking until the liquid reduces by half. Once done, add the stock, Worcestershire sauce and seasoning. Bring everything to the boil and pour into the casserole dish with the beef.

Put the casserole dish lid on and cook in the oven for an hour. Remove from the oven, stir in the barley, put the lid back on and continue to cook in the oven for a further hour. Check to ensure the meat is tender and cook further if necessary. Taste and adjust seasoning if required.

Ingredients - Serves 6:

- Vegetable oil
- 1 tablespoon flour
- 1kg diced chuck steak
- 350g diced onions
- 350g carrots, peeled and cut into 3cm chunks
- 350g celery – cut into 2cm pieces
- 6 sprigs of thyme
- 2 bay leaves
- 2 tablespoons flour
- 250ml red wine
- 700ml beef stock
- 1 tablespoon Worcestershire sauce
- Salt and freshly ground black pepper
- 75g barley

Chris's Top Tip

Serve with buttery mash and steamed greens.

