

Summerset Beef Stew

Summerset Winery (Indianola, Iowa) shares a hearty beef stew recipe prepared with their red wine. Wonder what to do with the remaining wine? Enjoy it with your stew!

1 to 2 cups flour
2 pounds beef, cubed
½ cup butter or olive oil
2 cups Summerset Vintage Red or Summerset Red wine
5 cups prepared beef bouillon or beef stock
5 carrots, peeled and thickly sliced
7 stalks celery, sliced
2 medium onions, diced
5 cloves garlic, minced
5 medium potatoes, cubed
2 bay leaves
Pinch of paprika
1 tablespoon parsley, minced
Pepper to taste
Lemon juice, if desired

In large frying pan, sauté the carrots, celery, onion, potatoes and garlic in half of the butter or olive oil until slightly browned. Set aside. Combine one cup of the flour, paprika, parsley and pepper in shallow bowl. Toss beef in flour mixture until well coated on all sides. Melt remaining butter or pour olive oil into a large stew pot, add meat.

Sauté meat until well browned. Add vegetables and sauté about two minutes. Add Summerset Red wine, sauté three to four minutes. Add prepared bouillon and bay leaves. Cover and simmer 2-5 hours until vegetables are tender. Remove lid and sift in additional flour to thicken to desired consistency. Simmer for 30 minutes or until thickened. If using a sweeter wine, add a splash of lemon juice if desired to provide contrast.

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