

GAINNEY

VINEYARD

Beef Stew in Red Wine Sauce

Prepare the sauce with your favorite Gainey red wine, such as the Gainey *Limited Selection Cabernet Franc*!

1 tablespoon unsalted butter	2 bay leaves
2 tablespoons olive oil	1 thyme sprig
2 pounds trimmed beef flatiron steak or chuck, cut into 8 pieces	One 5-ounce piece of pancetta
Salt & freshly ground pepper	15 pearl or small onions, peeled
1 cup finely chopped onion	15 cremini mushrooms
1 tablespoon finely chopped garlic	15 baby carrots
1 tablespoon all-purpose flour	Sugar
1 bottle <i>Limited Selection Cabernet Franc</i>	Chopped fresh parsley

Preheat the oven to 350 degrees. In a large enameled cast-iron casserole, melt the butter in 1 tablespoon of the olive oil. Arrange the meat in the casserole in a single layer and season with salt & pepper. Cook over moderately high heat, turning occasionally, until browned on all sides, 8 minutes. Add the chopped onion and garlic and cook over moderate heat, stirring occasionally, until the onion is softened, 5 minutes. Add the flour and stir to coat the meat with it. Add the bottle of *Limited Selection Cabernet Franc*, bay leaves and thyme, season with salt & pepper and bring to a boil, stirring to dissolve any brown bits stuck to the bottom of the pot.

Cover the casserole and transfer it to the oven. Cook the stew for 1 1/2 hours, until the meat is very tender and the sauce is flavorful.

Meanwhile, in a saucepan, cover the pancetta with 2 cups of water and bring to a boil. Reduce the heat and simmer for 30 minutes. Drain the pancetta and slice it 1/2 inch thick, then cut the slices into 1-inch-wide lardons.

In a large skillet, combine the pancetta, pearl onions, mushrooms and carrots. Add the remaining 1 tablespoon of olive oil, 1/4 cup of water and a large pinch each of sugar, salt & pepper. Bring to a boil, cover and simmer until almost all of the water has evaporated, 15 minutes. Uncover and cook over high heat, tossing, until the vegetables are tender and nicely browned, about 4 minutes.

To serve, stir in some of the vegetables and lardons into the stew and scatter the rest on top as garnish. Top with a little chopped parsley and serve.

Serves 4