

GAINNEY

VINEYARD

Hearty Beef “Stoup”
Pairs beautifully with the Gainey
Limited Selection Cabernet Sauvignon or Merlot!

2 lbs beef chuck roast, trimmed and
cut into 1-1 1/2 inch cubes
1/4 cup flour
1 teaspoon paprika
1 teaspoon course ground pepper
2 teaspoons kosher salt
2 tablespoons extra virgin olive oil
2 tablespoons butter
1 shallot, diced

3 garlic cloves, minced
3 cups beef stock
1 cup Gainey Cabernet Sauvignon or Merlot
2 teaspoon Worcestershire sauce
1 tablespoon Gainey Italian Seasoning
4 cups red potatoes, bite size pieces
3 cups baby carrots, bite size pieces
fresh parsley to garnish

Trim hard fat from beef and cut into 1-1 1/2” cubes

Combine flour, paprika, pepper and 1 teaspoon salt in a large gallon re-sealable bag. Seal and shake to combine. Add beef and shake well until coated.

Warm olive oil in a large dutch oven, over medium high heat. Once you can feel the warmth when holding your hand 6 inches from the pot, add butter. Once butter is melted, remove beef from flour and shake gently to remove any loose flour. Carefully place coated beef in pot. Do not crowd the pot, cook in 2 batches. Turn pieces until all sides are browned and remove them and place on a plate. Once the first batch is cooked, add the second batch and repeat.

Meanwhile, prepare shallot and garlic. Shallot should be diced and garlic minced. Set aside.

Once all of the beef is browned, add shallots & garlic to pot. Cook until translucent. Add wine and deglaze pan by scraping up the browned bits at the bottom of the pan. Add beef stock, Worchestershire & Italian seasoning. Stir to combine. Return beef to pot. Cover and bring to a boil. Reduce to simmer and allow stoup to simmer 40 minutes.

Meanwhile, prepare potatoes & carrots to bite sized pieces. Set aside

Add potatoes & carrots. Stir to coat vegetables and cover. Cook an additional 40 minutes or until vegetables are fork tender. Taste broth and season with salt & pepper.

Garnish with parsley. Serve with your favorite crusty bread and a glass of Gainey *Limited Selection Cabernet Sauvignon or Merlot.*

Serves 12