

# Beef and Chestnut Stew

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*Chestnuts add loads of texture and flavour to this stew - they add a slightly sweet, herby flavour, and they help to bulk out the stew, making it a little cheaper too. The rich gravy is perfect for mopping up with some warm crusty bread.*

## Ingredients:

450g beef, stewing steak, chunked  
2 tbsp. plain flour  
Salt and pepper  
1 large onion  
2 carrots  
2 celery stalks  
300ml beef stock  
300ml red wine  
200g cooked and peeled chestnuts, vacuum packed or tinned  
2 sprigs fresh thyme, leaves picked  
Salt and pepper  
1 tbsp. butter and 1 tbsp. oil

## Directions:

1. Peel and dice the carrots and onion. Finely dice the celery stalks. Heat butter and oil in a saucepan and add the veggies. Cook for 15-20 minutes until lightly browned and golden.
2. Meanwhile, season the flour with salt and pepper. Toss the beef with the seasoned flour. Heat a little more oil in a heavy frying pan and fry the beef on all sides until golden and brown. Add to the saucepan with the veggies along with any liquid from the pan.
3. Add the thyme leaves, beef stock and red wine. Stir to combine. Bring to the boil and then reduce to a simmer and cook for 1 hour, covered. Add the chestnuts and cook for another hour uncovered. Season with salt and pepper to taste.

*Author: Laura Young*