

BEEF AND BARLEY STEW





BEEF AND BARLEY STEW WITH FENNEL AND SOYBEANS

Preparation time: 10 minutes

Cooking time: 3½ hours

Serves: 6

800g chuck beef, diced
sea salt flakes and freshly ground
black pepper
2 Tbsp plain flour
¼ cup extra virgin olive oil
2 heads fennel
1 brown onion, chopped
2 sticks celery, chopped
12 cloves garlic, sliced

½ bunch thyme leaves
2 bay leaves, crumbled
2 Tbsp tomato paste
1 cup dry sherry
1½L beef stock
½ cup pearl barley
2 cups mixed baby tomatoes, halved
1½ cups shelled soybeans*
1 bunch parsley, finely chopped

1 Season the beef generously with salt and pepper, then toss in flour and set aside for 10 minutes. Pour the extra virgin olive oil into a large heavy-based saucepan over a high heat and fry the beef in batches until well-browned. Set aside.

2 Chop one head of fennel and add to the saucepan with the onion, celery, garlic, thyme and bay leaves. Cook for 5 minutes. Mix in the tomato paste, cook briefly, then add the sherry and stock.

3 Return the beef, turn the heat to low and cook gently for 1½ hours. Mix in the barley and cook for a further 1½ hours. Mix in the tomatoes and soybeans and cook for 10 minutes. Stir in the parsley, then serve.