



The Wheel of Time Community Show

Recipes

~ Tam's Stew ~

Kitty Rallo

Notes

- Add ins: Celery, corn, peas, red potatoes, spinach (not baby), parsnips, thyme, Cayenne, Marmite, pearl onions, bok choy, mushrooms, rice, lentils, trolloc parts etc.
- If adding in quick cook items like corn and peas, add in the last 20 minutes or so.
- Taste along the way. Salt is your friend.
- Need more thickening? Add in a cornstarch slurry. 1 tablespoon cornstarch, 2 tablespoons of broth from the pot, shake vigorously in a jar or whisk briskly; add to pot towards end of cooking.
- No cornstarch? Make a roux. Melt 2 tablespoons of butter in a pan, whisk in 2 tablespoons of flour over medium-low heat. Cook while whisking for about 5 minutes until light blonde in color.
- Add more broth to make it a soup.
- This recipe freezes well. Portion into containers and thaw overnight in the fridge.
- Have fun, the ratios are only guidelines. Eat what you like.

Ingredients

2 pounds boneless beef short ribs, chuck, or lamb - trimmed and cut into 1-inch chunks

Kosher salt and freshly ground black pepper

2 tablespoons canola oil

2 medium carrots - peeled, split in half and sliced into ½-inch chunks

1 large russet potato - peeled, ½-inch dice

1 large yellow onion, finely diced

1 teaspoon soy sauce

2 medium cloves garlic - grated, finely diced, or with a garlic press

1 tablespoon tomato paste

1 quart low-sodium chicken broth

1 (14.4) ounce can whole peeled tomatoes - drained and roughly chopped

1 cup pearl barley - not quick cook or instant

2 bay leaves

3 - 4 large kale leaves - loosely torn, stem removed

Directions

- 1.** Cut the carrots and onion, place in a bowl. Cut the potato and keep it separate. Measure out the tomato paste, soy sauce, and minced garlic in a separate bowl. Cut and trim the short ribs.
- 2.** Season the short ribs with salt and pepper and toss in a large bowl to coat. In a Dutch oven or heavy bottomed stock pot heat the canola oil over high heat until smoking. Add the beef and sear without moving until well-browned on first side, around 5 minutes. Stir and continue browning, tossing once or twice until browned all over, around 10 minutes. Turn down heat if the meat begins to burn. Remove to a bowl and set aside.
- 3.** With medium-high heat add carrots and onion. Cook, stirring frequently until vegetables begin to brown, about 3-4 minutes. Make a clear spot in the middle of the pot, and add soy sauce, garlic, and tomato paste. Stir quickly until the garlic is fragrant, about 30 seconds.
- 4.** Pour in the broth and scrape the bottom of the pot with a flat spatula or wooden spoon. Add in potato, tomatoes, barley, and bay leaves. Return beef to pot, turn the heat to high and bring to a boil.
- 5.** Reduce to lowest possible heat/a low simmer and place cover on pot, leaving lid slightly ajar. Cook, stirring occasionally until beef is completely tender and barley is cooked through, at least 2 hours. If meat is still tough, keep checking every 20 minutes.
- 6.** Add kale leaves and cook, stirring constantly until wilted, about 2 minutes. Season to taste with salt and pepper. Serve right away, or for best flavor, chill and refrigerate in a covered container for up to 5 days.