

Cambric Stew

from Carin Huber

Difficulty

Rrrrgh Brains

Ingredients

2 lb/1 kg meat, cut into bite size pieces (reserve any bones)
6 green onions (Welsh onions), bulbs sliced, tops roughly chopped
3 cloves of garlic, peeled
2 c/250 g flour
1 Tbsp/3 g dried parsley
1 tsp/1 g dried, rubbed sage
1 tsp/1 g dried rosemary
1 tsp/1 g dried thyme
1 tsp/7 g salt
1 tsp/7 g pepper
2 bay leaves
1 lb/.45 kg carrots, cut into bite-size pieces
1 lb/.45 kg potatoes, cut into bite-size pieces
8 oz/225 g mushrooms, sliced
2 c/500 ml wine (use red wine with red meat; white wine for white meat)
4 c/1 L water
1 Tbsp/14 ml olive or vegetable oil, keep on hand to add extra as needed

You Will Also Need

- slow cooker/crockpot
- cheesecloth (if you have bones)
- zipper baggie, gallon-sized, or a clean produce bag from your local grocery store

Chef's Notes

If your slow cooker gets hot enough quickly enough on high heat, you can do the browning right in it, then turn it down for the long stewing. Just make sure your liquids are at least room temperature before pouring them into a hot crock. Otherwise, do the browning in a skillet on your stove, and transfer the ingredients to the slow cooker.

If the meat you are using does not have any bones, simply add the bay leaves directly to the pot, then remove them before serving. (Or just warn diners to watch for them.)

Serves 6-8. Prep time: 30 - 45 minutes, depending on how bony the meat is. Cooking time: 30 minutes browning, 6-8 hours stewing.

Directions

Brown the bones in a tablespoon of oil. Remove them onto a couple layers of cheesecloth. Add the bay leaves to the bones, then tie the cheesecloth into a bundle around them. Set aside.

Carmelize the onions and garlic in same pan. Remove and reserve about half of the onions, leaving the garlic in pan.

Put the flour, salt, pepper, parsley, sage, rosemary, and thyme into the bag. Close the bag and shake until the seasonings are well mixed into the flour. Add the meat and shake again, until every piece of meat is well coated in the seasoned flour. Remove the meat from the excess flour, and brown it in the pan with the onions and garlic, adding oil as needed.

Once the meat is nicely browned, put it in the slow cooker. Put the bone bundle in the pot, top the meat with carrots and potatoes, and pour in wine and water. Cover and cook on low to medium heat for 6-8 hours.

About 1 hour before serving, remove and discard the bone bundle and stir the mushrooms and reserved onions into the stew. Stir well, so that the flour from the meat thickens the gravy. Increase the heat to high for one hour.

Serve with a crusty French bread that's slathered with real butter. Yum!

