



Recipe # 001

## Home-style beef stew

(Recipe by Jamie Oliver)

<b>Approximate servings</b>	450
<b>Portion size</b>	1/3 cup

Ingredient	Instruction	Amount
Beef chuck	1/2 inch x 1/2 inch cut	100 pounds
Yellow onions	peeled and diced	10 pounds
Carrots	peeled, trimmed, and sliced (use thicker slicing blade)	25 pounds
Idaho potatoes	washed and diced	20 pounds
Balsamic or Red wine vinegar		1 quart plus
Tomato base sauce (see Basics recipe #22)		4 gallons
Salt		1/4 cup
Ground black pepper		2 tablespoons

### Method

- Heat the tilting skillet to 350°F.
- Add the beef and cook, stirring, until the beef has given up a lot of liquid and there is no trace of pink left.
- Drain off all the liquid from the skillet and reserve.
- Continue cooking the beef, stirring, until all the liquid is boiled off and the meat has browned. The whole process will take about 45 minutes. Skim the fat from the reserved meat juices and discard. When the beef is brown, add the onions, salt and pepper, and cook, stirring, for 10 to 15 minutes.
- Add the carrots and cook, stirring, for another 10 to 15 minutes.
- Add the tomato base sauce and balsamic vinegar and stir until the beef and vegetables start to stick to the kettle.
- Add the potatoes, the reserved beef juices and the tomato base sauce, and bring to a boil.
- Cook until the meat and carrots are tender and cooked through, about 30 minutes, then transfer to deep hotel pans and keep warm in the hot boxes.