

Beef Stew

(Instant Pot)

Serves 4

- 900 g boneless beef block
- 1 tsp kosher salt
- 2 T Canola oil
- 230 g mushrooms
- 120 ml dry red wine
- 595 ml beef broth
- 1 T all-purpose flour
- 1 small onion, quartered
- 3 med. garlic cloves, peeled
- 2 bay leaves
- ¼ tsp ground pepper
- 450 g small potatoes, quartered
- 2 med. carrots, peeled and cut into 2.5-cm pieces
- 1 C frozen pearl onions
- 1 C frozen peas, thawed



Sear the beef:

1. Cut **beef** into “steaks” about 3.8-cm thick. Sprinkle with **salt** on both sides.
2. **Preheat InstantPot on Sauté (high)**. Heat oil until it simmers.
(Or: Sear beef in heavy skillet on stove) Brown for 3 min/side.
3. Transfer beef to plate and cool slightly, then cut into 2.5-cm cubes.

Cook the mushrooms:

4. Leave the pot on **Sauté** and add the **mushrooms**. Cook, stirring occasionally, until mostly golden brown, **3-5 min**. Transfer to bowl and set aside *(Or, do this on stove in frying pan)*

Make the sauce:

5. Add the **wine** and stir, scraping the bottom of the pot to dissolve the browned bits. Bring the liquid to a boil and cook until the wine has reduced by about a third, **1-2 min**.
(If using a skillet, pour the wine and browned bits into the Instant Pot.
6. In a med. bowl, whisk together the **beef broth** and **flour**. Add it to the pot, along with the **onion** quarters, **garlic** cloves, and **bay leaves**. Stir to combine.

Pressure cook the beef:

7. Add the **beef** cubes with any accumulated juices to the pot. Lock the lid into place. Select **Manual: High pressure** for **20 minutes**.
8. After cooking, **quick release** the pressure. Unlock and remove lid.

Pressure cook the stew

9. Remove and discard the onion quarters, garlic cloves, and bay leaves.
10. Add the **black pepper**, **potatoes**, **carrots**, and frozen pearl **onions**
11. Select **Manual: High pressure** for **4 minutes**.
12. After cooking, **quick release** the pressure. Unlock and remove lid.

Finish the stew

13. For a thicker sauce, let the stew simmer for several minutes. Add the **peas** and reserved **mushrooms** and cook just until heated through.
14. Taste and adjust seasoning, adding more **salt** and **pepper** if necessary.