Beef Stew with Prunes
Serves 4

Ingredients
- 3 T olive oil
- 900 g imported beef, cut into 4–5 cm chunks (labels: カレー用 / シチュー用 / 煮込み用)
- Salt and black pepper (use lightly at first)
- 1 large onion (200 g), chopped
- 200–250 g canned tomatoes, chopped or lightly crushed
- 1 tsp sweet paprika
- 1 cinnamon stick
- 1 bay leaf
- 1 cup chicken stock
- ¾–1 cup dry red wine
- 1 T sugar (adjust to taste)
- 150 g pitted prunes (halve if large)
- 1 T sherry vinegar or red wine vinegar (½–1 tsp thin balsamic optional)
- Chopped parsley, for garnish

Instructions
1. **Brown the beef:**
   - Heat **olive oil** in a Dutch oven over **medium-high heat**.
   - Season **beef** lightly with **salt** and **pepper**.
   - Brown well on all sides in batches (**8–10 minutes total**). Remove to a plate.
2. **Sauté aromatics:**
   - In the same pot, add **onion** and a pinch of **salt**. Cook until soft and lightly golden, **about 6–8 minutes**.
   - Add **canned tomatoes** and cook another **3–4 minutes**.
3. **Bloom spices:**
   - Stir in **paprika**, **cinnamon stick**, and **bay leaf**. Return **beef** to pot.
4. **Simmer:**
   - Add **stock** and **wine**. Bring to a **gentle boil**, then **reduce to low**, cover, and **simmer 30 minutes**.
   - Add a little water or stock if drying.
5. **Add prunes:**
   - Remove cinnamon and bay leaf.
   - Stir in **sugar** and **prunes**. **Simmer uncovered 30–45 minutes** until beef is very tender and sauce thickens.
6. **Finish:**
   - Add **vinegar**, raise heat slightly if needed to gloss the sauce.
   - Adjust **salt** and **pepper**. Garnish with **parsley**.

Notes for Japanese Supermarkets

- Imported Australian or U.S. beef works best for stews.
- Look for labels: カレー用, シチュー用, 煮込み用.
- Lean beef benefits from slow cooking and resting overnight.
- Domestic wagyu is not recommended for long-braised stews.

Nutrition (per serving, approx.)

Kcal: **520 |** Protein: **38 g |** Fat: **28 g |** Sat. Fat: **7 g |** Carbs: **30 g |** Sugars: **18 g |** Fiber: **4 g |** Sodium: **~420 mg**