

Small Dutch Oven Beef & Red Wine Stew

小さなダッチオーブンのビーフ赤ワイン煮込み

Serves: 4 | Vessel: 24 cm × 8 cm Cast Iron Dutch Oven



Ingredients

Beef & Vegetables:

- 445 g Australian beef round roast cut (牛もも肉), cut into 4–5 cm chunks
- 120 g onion (玉ねぎ), roughly chopped
- 120 g carrots (にんじん), large chunks
- 180–220 g potatoes (じゃがいも), large chunks
- 100 g mushrooms (しめじ・ブラウンマッシュルーム等)
- Optional: 80 g green beans (いんげん)

Cooking Base:

- 1 T olive oil
- 180–240 ml red wine
- 300 ml ½-strength beef or chicken stock
- 1 tsp Dijon mustard
- 2 garlic cloves (にんにく), minced
- 1 bay leaf
- ½ tsp thyme
- Tiny pinch rosemary (optional)
- ¼ tsp salt + pinch MSG blend
- Black pepper

Optional Thickening:

- Very light flour dusting on beef (optional)

Instructions

1. Pat **beef** dry.
 - Optional: dust very lightly with flour.
2. Heat Dutch oven over **medium-high heat**.
3. Add **olive oil**.
4. Brown beef in batches.
 - Do not overcrowd.
 - Remove and reserve.
5. Brown **mushrooms** separately.
 - Cook until moisture evaporates and mushrooms caramelize lightly.
6. Add **onion** and **carrots**.
 - Cook **several minutes** until lightly softened.
7. Add **garlic**.
 - Cook about **30 seconds**.
8. Add **red wine**.
 - Scrape up browned bits.

- Reduce slightly.
9. Return beef and mushrooms to pot.
 10. Add **stock**, **Dijon mustard**, **bay leaf**, **thyme**, **rosemary** if using, **salt + MSG blend**, and **black pepper**.
 11. Bring just to gentle **simmer**.
 12. **Reduce heat to very low**.
 - Use portable IH cooker if possible for more stable low-temperature simmering.
 - Maintain only very lazy bubbling.
 13. **Cover** and **simmer** approximately **1 hour**.
 14. Add **potatoes**.
 15. Continue **simmering 35–45 minutes** until beef becomes tender.
 16. If using **green beans**:
 - Add during **final 8–10 minutes** only.
 17. Taste and adjust seasoning.
 18. Remove bay leaf before serving.

Serving Suggestions

- Crusty rosemary bread
- Barley-rice blend
- Simple green salad
- Buttered green beans

Notes

- This stew is designed more like a concentrated braise than a soup-like American stew.
- Larger beef pieces help prevent lean round meat from drying out.
- Japanese potatoes soften more quickly than many Western potatoes and should be added later.
- Browning mushrooms separately creates much deeper flavor.
- Gentle low simmering is critical for tender beef.

Nutrition

Per serving: Kcal: 470 | Protein: 37 g | Fat: 18 g | Sat Fat: 5 g | Carbs: 25 g | Sugars: 6 g | Fiber: 4 g | Sodium: 620 mg | Omega-3: 0.2 g

Total dish: Kcal: 1880 | Protein: 148 g | Fat: 72 g | Sat Fat: 20 g | Carbs: 100 g | Sugars: 24 g | Fiber: 16 g | Sodium: 2480 mg | Omega-3: 0.8 g