

CATALAN BEEF STEW

THE CUISINE OF Spain is rapidly becoming more familiar to cooks and restaurant-goers. This dish marries a flavorful cut of beef from the shoulder with some typical Catalan ingredients: oranges, olives, red wine, and bacon. Bitter oranges are traditional, but if you don't have access to a bitter orange, use a Valencia (juice) orange and a touch of lime juice for nearly the same flavor profile.

MAKES 4 SERVINGS

1. Heat the oil in a casserole or Dutch oven over medium high heat until it shimmers. Add the bacon, and sauté until the bacon is crisped and browned, 5 minutes. Transfer the bacon to a bowl with a slotted spoon, letting the oil drain back into the casserole.

2. Return the casserole to the heat and heat the oil until it shimmers. Season the beef generously with salt and pepper. Add the beef (working in batches to avoid crowding the pan) and sear on all sides until brown, about 8 minutes. Transfer the beef to the bowl with the bacon using a slotted spoon and letting the oil drain back into the casserole. Add the onion and sauté, stirring occasionally, until deeply caramelized, 25 to 30 minutes.

3. Return the beef and bacon to the casserole, add the red wine, orange peel, bay leaves, garlic, and parsley; bring the liquid to a boil. Immediately adjust the heat for a gentle simmer. Season the stew to taste with salt and pepper throughout cooking time. Simmer the stew, covered, until the beef is nearly tender, about 2 hours. Add the olives and continue to simmer until the beef is fork tender, 1 to 1 ½ hours. Serve in heated bowls.

{PICTURED AT LEFT}

1 tbsp olive oil

5 slices bacon, thick-cut, diced

*2 lb boneless beef chuck or bottom round, cut
into 2-inch pieces*

Salt as needed

Freshly ground black pepper as needed

2 cups chopped yellow onion

2 cups red wine

2 tbsp orange peel julienne

2 bay leaves

2 tsp minced garlic

2 parsley sprigs, minced

1 cup Spanish black olives, pitted

