



French Onion Beef Stew

Brittini Kaetzel '12

Director of Special Academic Services

INGREDIENTS:

Beef Stew:

- 1½ lbs (1.4kg) chuck steak, cubed
- 2 tsp coarse sea salt
- 1 tsp black pepper
- 2-3 tbsp olive oil, or as needed
- ½ cup (120mL) dry Marsala wine, divided
- 2 tbsp unsalted butter
- 5 large onions
- Large pinch of salt
- 1 tsp brown sugar
- 1 tbsp fresh thyme
- 4 garlic cloves, minced
- 1 tbsp Worcestershire sauce

- 1 tbsp Dijon mustard
- 1 tbsp tomato paste (optional)
- 1 tbsp flour
- 2½ cups (620mL) beef broth (stock)
- 2 bay leaves

Cheesy Bread Topping:

- 1 white baguette, sliced
- Olive oil as needed, to brush on the bread
- 2 tbsp Dijon mustard, or as needed
- 1½ cups (150g) Gruyere cheese, coarsely grated
- 3 tbsp Parmesan cheese, freshly grated
- ½ tsp fresh thyme, to garnish

DIRECTIONS:

Slice the onions

1. Cut the top end of the onions but keep the root end intact. Peel the skin off and cut the onion in half without slicing all the way through (the root should keep the onion together).
2. Use a mandolin or sharp knife to thinly slice the onions (apologies as this will likely cause a few tears... unless you are wearing contact lenses!)



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Sear the beef

1. Cut the beef into cubes and pat dry with paper towels. Season liberally with coarse sea salt and freshly ground pepper.
2. Heat the olive oil in a large casserole dish or Dutch oven. Sear the beef over high heat, in batches, until properly browned and set aside.
3. Deglaze the pan with 1/4 cup (60mL) of the wine, scraping the browned bits stuck to the pan loose with your spoon. Simmer for a few minutes so the wine cooks down and is almost evaporated.

Prepare the bread

1. Preheat the oven to 375 degrees. Slice the bread and discard the ends. Brush with olive oil and place on a baking tray. Toast in the oven for 15 minutes, turning over halfway, until the bread is golden.

Caramelize the onions

1. Add butter to the pan and melt. Add all the sliced onions, a good pinch of salt, and the sugar and cook over relatively high heat, stirring often, until they start to brown.
2. Add the minced garlic, thyme, and rest of the wine and reduce the heat. Cook, stirring occasionally, for 20-30 minutes or until the onions are soft and caramelized.

Cook in the oven

1. Reduce the oven temperature to 320 degrees. Stir the Worcestershire sauce, mustard, tomato paste, and flour then add the beef broth. Bring to a simmer and return the browned beef and any juices to the pan. Add the bay leaves, cover the pot and transfer to the oven for 90 minutes, or until the beef is very tender.
2. Discard the bay leaves and have a taste of the gravy to check if you need to adjust the seasoning.

Finishing touches

1. Spread the toasted bread with Dijon mustard and pile with the Gruyere and grated Parmesan. Divide the beef stew between six ovenproof bowls and top with the bread slices to cover.
2. Add any extra cheese on top for good measure and place in the broiler (grill) for a few minutes, until the cheese melts and starts to brown (keep a close eye on the cheese as it can easily burn).