

Lab Activity: Beef Stew

Name _____ Date _____ Period _____

Group Members _____

This recipe demonstrates a combination cooking method because the beef is first sautéed (dry heat) and then simmered (moist heat). After a few hours of stewing, a slightly tougher cut of meat becomes perfectly tender as its flavors intensify and are captured in the liquid in which it simmers.

Sanitation and Safety Reminders

1. Clean and sanitize workstation before beginning to work.
2. Wash hands properly and as often as needed.
3. Thoroughly wash and trim vegetable ingredients prior to cutting.
4. Take appropriate steps to avoid cross-contamination of other ingredients by raw beef.

Questions

1. How is the protein-rich beef affected by the dry-heat cooking method?
2. How is the protein-rich beef affected by the moist-heat cooking method?
3. When might you use dry-heat methods for cooking other protein-rich foods? When might you use moist heat methods?



Beef Stew

Yield: 10 portions

Ingredients

4 lb.	1.8 kg	beef chuck, cut into 1 in. cubes
to taste		salt and pepper
2 fl. oz.	60 mL	vegetable oil
2 oz.	60 g	tomato purée
2 oz.	60 g	flour
1 qt.	0.95 L	brown beef stock
<i>Sachet</i>		
2 ea.		bay leaves
2 tsp.	10 mL	dried thyme leaf
1 tsp.	5 mL	black peppercorn
8 oz.	225 g	carrots, large dice
4 oz.	115 g	celery, ½ in. bias cut
4 oz.	115 g	onions, medium dice
1 lb.	450 g	potatoes, large dice
4 oz.	115 g	peas, frozen

Method

1. Season the beef with salt and pepper.
2. Heat the oil in a large pot and brown the beef in small batches, searing well on all sides.
3. Stir in the tomato purée and flour and cook for 2 minutes over a low heat to create a roux.
4. Deglaze with the brown stock. Add the sachet and bring to a simmer.
5. Simmer beef for 1½ hours or until fork-tender. Beef must reach an internal temperature of 145°F (62.8°C) or higher. Add liquid as needed to compensate for evaporation.
6. Add the carrots, onions, and celery and simmer for 20 minutes. Add the potatoes and simmer until the potatoes are tender.
7. Remove sachet.
8. Add the peas and return to a simmer. Add salt and pepper to taste.
9. Hold at or above 135°F (57.2°C) until service.