

Beef and Pearl Barley Stew



Jaz Mathisen

AWAKINO STATION

This beef and pearl barley stew is hearty and comforting, perfect for warming hands on a cold day.

Ingredients:

- 800g stewing steak
- 1 large onion (or leek), diced
- 1 large carrot, diced
- 2 stalks celery, sliced
- 2 cloves garlic, crushed
- 1/2 cup red wine
- 6 cups beef stock
- 1x 400g can crushed tomatoes
- 1 cup pearl barley
- 2 medium potatoes, diced
- 1 tbsp finely chopped rosemary

Method:

1. Dice the stewing steak into small, bite sized pieces and heat a heavy frypan or pot over a high heat. Sear the beef cubes until they are browned all over. Set the beef aside on a plate.
2. Sauté the onion, carrot, celery and garlic until they are soft and starting to caramelise.
3. Pour in the red wine to deglaze the pan. Scrape up any of the flavourful bits from the bottom of the pan, letting the wine reduce by half.
4. Return the beef back to the pan and add the beef stock, crushed tomatoes, pearl barley, diced potato and rosemary.
5. Bring the stew to the boil, then reduce to a simmer, cover and allow the stew to gently cook for 2 - 3 hours, or until the beef and barley are tender.
6. Taste and season with salt and pepper.