

Medieval Stew

- 2 pounds stew beef, chopped large
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cloves
- 1/4 teaspoon cinnamon
- 1/4 teaspoon mace
- 1/4 teaspoon nutmeg
- oil
- 4 onions, chopped large
- 6 cloves garlic, crushed
- water
- 1 cup raisins
- 1/2 cup tomato sauce
- 1/4 cup white vinegar
- 1/4 cup honey
- 4 to 6 potatoes, peeled, chopped large
- 6 carrots, unpeeled, chopped large
- 0 to 2 parsnips
- cornstarch

Massage the salt, pepper, cloves, cinnamon, mace and nutmeg into the meat, and let sit at room temperature for a few hours before cooking. Sautee onion and garlic with the meat (stirring) until the meat browns.

Add enough water to cover the stew. Bring to boiling. Add the raisins, tomato sauce, vinegar, and honey. Lower heat to simmering, and cook at least half an hour.

Add potatoes, carrots and parsnips. Cook til done.

Add cornstarch to a small quantity of stew, and whisk until smooth. Add mixture back to stew, to thicken.

Serves: 12

Preparation time: 90 minutes (begin several hours in advance)

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