



Beef and Roasted Red Pepper Stew

SERVING 4

This hearty stew is the best version of comfort food to serve with a rich glass of red wine on a cool evening. The roasted red peppers combined with the balsamic add a sweetness to both the gravy and overall stew and brighten the dish in both colour and flavour. A quick sear of the meat in the oven first shortens the time needed to stand over the pot and this also cooks in the flour, letting the gravy thicken naturally as it simmers. Enjoy with friends and wine.

Tasting notes - The Syndicate 2018

An elegant, well-balanced blend of Merlot, Cabernet Franc, Cabernet Sauvignon and Petit Verdot. Aromas and flavours of black currant, plum, dark chocolate, cedar and tobacco. Firm tannins with a hint of acidity, and a long finish. Smooth and rich in texture and approachable now with an hour of decanting, this wine will blossom with another 5-10 years in the bottle.

Ingredients

½ cup all-purpose flour	2 Tbsp olive oil
2 tsp ground black pepper	1 ½ tsp dried tarragon
2 tsp sea salt	1 tsp dried basil
3 lbs stewing beef	½ cup balsamic vinegar
1 onion	796mL of crushed tomatoes
4 cloves garlic	6 roasted red peppers

Directions

Preheat oven to **425°F**. Prepare a baking sheet with parchment paper.

In a large mixing bowl whisk together the flour, **1 tsp sea salt**, and pepper until fully combined. Slice any large pieces of beef into bite size pieces and add to the bowl, then toss to evenly coat in the flour mixture. Spread the pieces of beef evenly on the prepared baking sheet and bake in preheated oven for **10 minutes** to brown.

While the beef is searing, finely chop the onion and garlic. Add to a large oven-safe saucepan or Dutch oven along with the olive oil. Sauté the onion and garlic until just translucent, **2 to 3 minutes**, then sprinkle with remaining sea salt, tarragon, and basil. Mix to combine and allow the mixture to sweat and just begin to brown, about **3 more minutes**. Deglaze the pan with the balsamic vinegar, scraping any bits that may have stuck to the pan.

Reduce the oven temperature to **325°F**.

Add the beef to the pan along with any drippings from the baking sheet and mix to combine. Pour in the can of crushed tomatoes and bring to a slow boil.

Slice the roasted red peppers into long strips, removing any extra seeds that may be inside. Add them to the stew, stirring to combine. Cover the pan, and place in the oven. Roast for **60 minutes**, then remove from the oven and stir. Roast an additional **30 minutes**, until the beef is very tender, and the gravy is thick.

Serve immediately with a fresh country loaf or slices of sourdough.

Stew will store in an airtight container in the fridge for **up to 4 days**. Reheat in the oven or on the stove with an additional splash of water as it will thicken as it rests.



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The Syndicate

Vintage: 2018

Blend: Merlot, Cabernet Franc, Cabernet Sauvignon, Petit Verdot

Aging: 21 months in French oak, 40% new barrels