

Veal Stew with Mushrooms and Peppers

<http://unihomemaker.com/2012/11/28/veal-stew-with-mushrooms-and-peppers/>

Ingredients:

- 1 1/2 pounds of veal stew meat, cut 1" cube
- 3 tablespoons of flour, divided (2 tablespoons for dredging and 1 tablespoon for roux)
- 1 tablespoon of olive oil
- 1 small onion, finely chopped
- 3 large cloves of garlic, finely chopped
- 1 large red bell pepper, sliced
- 2 (8-ounce) packages of white button mushrooms, quartered (you can get by with one package but I like my 'shrooms!)
- 2 large yukon gold potatoes, halved and then quartered
- 1 large sprig of rosemary, chopped
- 1 dried bay leaf
- 1/4 teaspoon of red pepper flakes, crushed (using the tip of your fingers)
- 1/2 teaspoon of ground allspice
- 1/2 cup of marsala wine
- 1 (14.5-ounce) can of chicken broth
- 1/2 cup of water
- salt and pepper to season
- fresh chives, finely chopped for garnish

Preparation:

Preheat the oven to 350 degrees F.

In a medium bowl combine stew meat and 2 tablespoon of flour to coat. In a large dutch oven over medium high heat, add olive oil and meat. Brown stew meat, about 10 minutes. Do not crowd your pot. Do it in batches if necessary. Transfer meat to a bowl and set aside.

In the same pot add onions and garlic. Cook until onions are soft, about 5 minutes. Then add mushrooms, pepper, rosemary, bay leaf, red pepper flakes, allspice and the remaining 1 tablespoon of flour. Cook for about 1-2 minutes. Deglaze the pot with marsala wine and pick up any bits trapped underneath the pot. Add in veal and any juices accumulated in the bowl and potatoes. Then add chicken broth and water. Season with salt and pepper. Let the pot come to a bubble, cover and then transfer into the oven. Bake for 1 hour or until veal is tender. Ladle stew into the bowl and garnish with chives. Serve with rice.

Adapted from Epicurious