Perfect Brown Stew

Ingredients

- 1 lb. beef, cut into cubes (serves 3)
- Fat (for browning)
- 2 cups boiling water
- 1 tsp lemon juice
- 1 tsp Worcestershire sauce
- 1 clove garlic
- 1 medium onion, sliced
- 2 bay leaves
- 1 Tbsp salt
- 1/2 tsp pepper
- 1/2 tsp paprika
- Dash of allspice or cloves
- 1 tsp sugar
- 2-3 carrots, halved
- 1 potato, quartered
- 1/2 lb. small onions
- 4 Tbsp flour
- Cold water (for gravy)

Instructions

1. Preheat a heavy kettle or Dutch oven. Brown meat cubes in fat for 20 minutes, keeping them sizzling.
2. Pour in 2 cups of boiling water. Turn heat down just a trifle and gently shift pieces of meat so they are not sticking.
3. Add lemon juice, Worcestershire sauce, garlic, sliced onion, and bay leaves.
4. Sprinkle over salt, pepper, paprika, a dash of allspice or cloves, and lastly the sugar.
5. Put the lid on. Simmer on low heat for 2 hours, scooting meat occasionally to keep it from sticking. Add a little water if necessary.
6. Add carrots, potato, and small onions. Cover and simmer until vegetables are done, about 35 minutes.
7. Take vegetables and meat out. Blend 4 Tbsp flour with cold water to make gravy. Cook 5 minutes, keep stirring.
8. Return meat and vegetables for a quick warm up.

for a perfect Brown stew. don't rush it

Brown meat cubes. for 20 min. 1 lb. beef - for 3 beefs-
preheat heavy Keith or dutch oven. brown meat in fat.
keep sizzling. then pour 2 cups of boiling water down
heat just a trifle and gently shift pieces of meat
so they in not sticking add 1 tsp lemon juice add 1
tsp worcestershire sauce drop in a clove of garlic
a medium onion sliced. and 2 bay leaves, sprinkle
over one tablespoon salt ½ tsp pepper ½ tsp paprika a
dash of allspice or cloves and last by a tsp. sugar

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now on with the lid. low heat. simmer 2 hrs. scrape meat to keep it from sticking. add a little water if necessary. now 3 carrots halved, 1 potato quartered ½ lb. small onions. cover, simmer till ge' vegetables are done. about 30 min. take vegetables out. and make gravy. blend 4 tbsp. flour with cold water. cook 5 minute. keep stirring return meat & vegetables for a quick warm up.

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