

* Exported from MasterCook *

Armenian Pumpkin Stew

Recipe By : NYTimes Magazine 11/15/92

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	coriander seed
1/2	teaspoon	cardamom seed
1/2	teaspoon	ground cinnamon
1	teaspoon	cumin seed
1		clove
2	tablespoons	vegetable oil
2	pounds	lamb, cubed -- cut into 2-inch chun
1	large	onion -- peeled and minced
4	cloves	garlic -- peeled and minced
2		carrots -- peeled and cut into
1		celery root -- peeled and cut into
4	large	red ripe tomatoes -- peeled, cored and se
1		acorn squash -- peeled and cut into
2	quarts	chicken broth -- or beef broth
1	large	pumpkin -- about 5 pounds, clea
1	cup	basmati rice -- uncooked
1/2	teaspoon	salt
1	teaspoon	freshly ground black pepper
1/4	cup	coriander leaves -- minced
3/4	cup	parsley leaves -- minced

1. Combine coriander, cardamom, cinnamon, cumin and clove in a spice mill or coffee grinder. Grind until smooth. Set aside. Heat a tblsp of oil in large, heavy-bottom saucepan. Add the lamb in one layer. Sprinkle with the spice mixture. Sear over medium heat until lightly browned, about 3-5 minutes. Remove the lamb from the pan and set aside.

2. Add the onion and garlic to the pan. Saute, stirring frequently, until translucent, about 5 minutes. Add the carrots, celery root, tomatoes, and acorn squash. Add the broth. Return lamb to the pan. Partly cover and gently simmer until the lamb is tender, about 1.5 to 2 hours. Season with salt and pepper.

3. Meanwhile, preheat the oven to 350 degrees. Place the pumpkin on a baking sheet. Brush the outside with the remaining oil. Bake until tender, about 45 to 60 minutes. Cook the rice according to package directions, set aside.

4. To assemble, place the pumpkin in a serving dish. Fill with the lamb stew. Divide the rice among 4 warmed bowls. Ladle the stew from the pumpkin over the rice. Garnish with coriander and parsley. Serve immediately. Yield: 4-6 servings.

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Arni Kapana (Lamb Stew)

Recipe By : The Roux Brothers, M Papermac 1992, ISBN 0-333-57670-5

Serving Size : 4 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	lamb -- cut in cubes
1 1/2		lemon
1/2	cup	butter
2	pounds	tomatoes -- chopped
2	teaspoons	salt
1/4	teaspoon	pepper
1	small	cinnamon stick -- optional)
1	tablespoon	sugar -- optional

Sprinkle lemon juice over meat and leave for 1 hour. Heat butter in a frying pan and brown meat. Transfer to large saucepan. Put tomatoes in frying pan. Add salt, pepper, cinnamon and sugar. Boil for 5 minutes and add to meat. Simmer covered for 2 hours. Serve with potatoes, rice, macaroni or spaghetti. Serves 4 to 5.

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Baeckenoffa (Beef, Pork, And Lamb Stew)

Recipe By :

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
500	grams	boned shin of beef -- trimmed weight (1 lb
500	grams	boned shin of pork -- trimmed weight
500	grams	boned shoulder of lamb -- trimmed weight
7	dl	dry white alsace wine
1 1/4	kilograms	potatoes -- peeled and sliced 1/
800	grams	leeks -- whites only, diced
80	grams	goose fat -- or lard
750	grams	onions -- thinly sliced
1		bouquet garni -- with plenty of thyme
10		peppercorns -- crushed
2	cloves	garlic -- crushed
5	dl	chicken stock
1		calf's foot -- blanched and cut int
2	tablespoons	flour
		salt
		freshly ground pepper

Cut each type of meat into 6 even pieces. Put them into 3 separate bowls and sprinkle generously with white wine. Cover the bowls and refrigerate for at least 12 hours. Preheat the oven to 160 C (325 F). In a flameproof earthenware casserole, heat the goose fat over low heat, put in the onions and sweat for several minutes. Lay the leek on top of the onions, then the potatoes. Add the 'bouquet garni', peppercorns and garlic and arrange the 3 meats separately on top, one type to the left, one in the middle, one in the right. Pour over the marinade and the remaining whine. Salt lightly, add the chicken stock and lay the pieces of calf's foot on top. Put the lid on the casserole. Mix the flour with a little cold water to make a soft paste. Spread this paste between the top of the casserole and the lid to make an airtight seal. Cook in the low oven for 4 hours.

Service: Present the casserole at the table just as is. Break the seal and lift off the lid.

Note: This a Baeckenoffa, a beef, pork and lamb stew: this recipe is from Alsace. Originally, the country people took their dish to the baker to cook in his oven. They would arrive early in the morning, usually on the baker's closing day, when the fire had gone out, but was still warm - the perfect temperature to simmer this family dish very slowly without having to pay for the fuel.

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Beef Stew #1

Recipe By : gmccague@sol.UVic.CA (Gordon McCague)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

1 package beef
4 large potatoes
4 carrots
1 onion -- cooking
2 bay leaves
1 can peas -- optional

Brown the beef with the onions in a large pot. Once the meat is brown add 3 cups of water and bay leaves. Heat over medium heat while you peel the potatoes and carrots. Add potatoes and carrots to the stew pot. Cover with water. Bring to a boil. Cook until potatoes are tender. Mix up a flour and water mixture to thicken the stew. Add it right to the pot. No need to remove the meat/veggies. Stir well to make sure you don't get lumps. Add pepper/salt/whatever you like for spices. I sometimes add garlic when browning the meat. Oregano is a nice touch as well. Once the stew is thickened you can serve it. Sometimes I make dumplings with the stew. I usually buy a box of Bisquick as it has a recipe on it. Unfortunately I cannot relay the recipe to you as I don't have any in the house

at the moment. You would have to talk to my grandmother if you wanted to make them from scratch. Isn't that the way it always is.

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Beef Stew #2

Recipe By : ids@virginia.edu (Ileen D. Snow)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
		potatoes
		carrots
		onions
		celery
		beef -- or chicken
1	can	cream of mushroom soup
1	can	tomato soup
1	can	water

Cut into bite size pieces any vegetables you like, mainly, pot. carrots, onions, celery, etc. Purchase the least expensive piece of beef or chicken if you prefer and cut it into bite size pieces, removing most of the fat and marbling. Put it all mixed up into a crock pot with 1 can of Golden Cream of Mushroom Soup and 1 can of plain tomato soup, and about 1/2 to 1 can of cold water. Cook 5-8 hours. on slow or med., and you may not want to use any seasonings until after the first time. Other than a little pepper, that is all I have ever needed to add.

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Beef Stew #3

Recipe By : lauraa@dragonwings.EBay.Sun.COM (Laura Aden)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
2	pounds	beef -- cubed
3		carrots -- in large chunks
4		potatoes -- cut into eights
1	large	onion -- chopped
2	packages	brown gravy
		salt -- to taste
		pepper -- to taste
		water
		flour
		oil

Coat meat lightly with flour and brown in oil (or you can stick the coated meat on a broiler pan and brown it in the oven (saves time and has the added option of not being fried in oil). Put meat in stew pan (I used a large turkey roasting covered pan), add carrot chunks, potatoe chunks and onion. Add enough water to cover everything and put in the oven @ 350 for 2.5 hours. After the stew has been in the oven for approx. 1.5 hours add the packaged dry gravy (no need to mix it with water -- there should be enough water in the stew pan). Mix it in well and continue stewing! This is great served with dinner rolls and a green salad.

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Bigos - Hunter's Stew

Recipe By : POLISH COOKING - Marianna Olszewska Heberle

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
3	pounds	sauerkraut
2	pounds	ham -- with bone,ribs or ri
2		bay leaves
1	ounce	dried mushrooms -- chopped
20		black peppercorns
10		allspice berries
1/2	teaspoon	salt
11	cups	beef broth -- bouillon or water
2	pounds	cabbage -- chopped like sauerkr
2	tablespoons	butter or margarine
1	pound	polish sausage links -- cut into 1/2-inch cu
1	pound	polish white sausage with garlic -- cut into 1/2-inch cu
1	pound	bacon -- cut into 1/2-inch cu

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine. This recipe was taken from POLISH COOKING - Marianna Olszewska Heberle A harmonious blend of flavors known as the Polish national dish. Rinse sauerkraut with cold water; drain well. In a large stockpot, combine sauerkraut, ham or pork, bay leaves, mushrooms, peppercorns, allspice and salt. Add 6 cups broth, bouillon or water. Cook, uncovered, 15 minutes over medium heat. Cover and simmer over low heat 45 minutes. Remove meat. Let meat cool. Place cabbage in a large saucepan. Add remaining 5 cups broth, bouillon or water. Bring to boil. Cook, uncovered, over medium heat, 1 hour or until cabbage is tender. Add to sauerkraut mixture. Bone cooked meat. Cut cooked meat into 1/2-inch cubes. Melt butter or margarine in a large skillet. Add cooked meat, smoked sausage and white sausage. Saute over medium heat 10 minutes or until browned. Add to sauerkraut mixture. In same skillet, saute bacon over medium heat until crisp. Drain bacon on paper towels. Add to sauerkraut mixture. Cover; cook over low heat 1 hour or longer. Remove and discard bay leaves. Serve hot. Makes 12 to 14 servings. Use only meat with large bones, so bones can be removed easily. The secret of old-time Bigos is that it gets better as it's reheated on successive days, peaking at the 6th or 7th day. In between, store covered in the refrigerator.

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Brunswick Stew #1

Recipe By : Williamsburg: Art of Cookery

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	chicken
3	quarts	water
1	large	onion
1/2	pound	ham -- lean, in small piece
2	pints	tomatoes
1	pint	lima beans
4	large	irish potatoes -- diece
1	pint	corn -- grated
1	tablespoon	salt
1/4	teaspoon	pepper
1		red pepper
3	ounces	butter

Cut up a pound of Chicken and put it in a large pan with three quarts of water, one large onion, one half pound of lean ham cut into small pieces and simmer gently for two hours. Add three pints of tomatoes, one pint of lima beans, four large Irish potatoes diced, one pint of grated corn, one tablespoon of salt, one fourth teaspoon pepper, a small pod of red pepper. Cover and simmer gently for one more hour stirring frequently to prevent scorching. Add three ounces of butter and serve hot. Note: ----- This makes a lot of stew. You will probably want to half or even quarter it, if want to try it before serving it to a group.

* Exported from MasterCook *

Brunswick Stew With Corn Dumplings

Recipe By : connally@vms.cis.pitt.edu (Kate Connally)

Serving Size : 8 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
18		white peppercorns -- bruised
6	whole	cloves
2	cloves	garlic
2		bay leaves
3	sprigs	parsley
1/4	teaspoon	dried thyme -- or 4 sprigs fresh
2	quarts	chicken stock
6	pounds	stewing chicken -- or large roaster, qu
1	large	onion -- chopped
1/2	pound	bacon -- good,thick;chopped
3	medium	onions -- chopped
3	medium	new potatoes -- peeled and cubed
12	ounces	tomatoes -- peeled, undrained
1	cup	dried baby lima beans -- soaked overnight
2	tablespoons	tomato paste
1		dried red pepper -- optional
1/2	teaspoon	salt
1/8	teaspoon	fresh ground black pepper
1	cup	okra -- fresh, halved
2	cups	corn kernels -- fresh
		-----corn dumplings-----
1	cup	flour
1	tablespoon	yellow cornmeal
2	teaspoons	baking powder
1/2	teaspoon	salt
1	pinch	sugar -- generous
1	tablespoon	butter -- chilled
1/3	cup	fresh corn kernels -- or frozen, thawed
2/3	cup	milk -- cold

Soak lima beans overnight in cold water then drain. Combine first 6 ingredients in small piece of cheesecloth and secure with a string. Add to an 8-quart pot with the stock and

bring to a simmer over medium-high heat. Add hen, giblets, and 1 chopped onion. Simmer, covered, until the chicken is tender, about 1 1/2 to 2 hours. Chill overnight if desired. Skim fat from surface of stock. Remove chicken; discard skin and bones and cut meat into bite-size pieces. Set aside. Cook bacon until crisp in medium skillet over medium heat. Remove with slotted spoon to paper towel and drain well. Add to stock. Pour off all but 2 tblsp fat and place skillet over high heat. Add remaining onion and saute quickly until browned. Add to stock along with potatoes, tomatoes, lima beans, tomato paste, red pepper, salt, and pepper, and stir to combine. Cover partially and simmer until beans are tender, about 40-60 minutes. (Stew can be prepared several days ahead to this point and refrigerated.) Stir in reserved chicken, okra, and corn. Bring stew to simmer, then drop dumpling batter in by tablespoonfuls. Cover pot securely and simmer until dumplings are puffed and a toothpick inserted in center comes out clean, about 15 minutes. Turn into soup tureen to serve or spoon dumplings into heated bowls and ladle soup over. Corn Dumplings: Combine flour, cornmeal, baking powder, salt, and sugar in medium bowl and mix well. Cut in butter using a pastry blender or two knives until mixture resembles coarse meal. Stir in corn using fork, then add milk and stir just until moistened; -do not overmix-. Add to stew and cook as directed.

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Cabbage Stew

Recipe By : jagordon@agsm.ucla.edu (Jan)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1		cabbage head -- coarsely chopped
4	large	carrots -- sliced
3		potatoes -- cubed
1		onion -- chopped
5	cloves	garlic
1/2	cup	white wine -- or veggie broth
1/2	cup	water -- or veggie broth

1/2 teaspoon thyme
1/2 teaspoon sage
1/2 teaspoon white pepper -- or lemon pepper
salt to taste

Put all in large dutch oven, cover and bring to a boil, lower heat and simmer for about 30 minutes, till all is tender. Optional, add mushrooms, zucchini or whatever you like.

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Cheap And Easy Bean And Hominy Stew

Recipe By : gypsy@nmt.edu (Helga or Olga)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1	can	hominy, canned
1	can	pinto beans
1	can	garbanzo beans
1	can	kidney beans
6	ounces	tomato sauce
1	package	chili/taco/mexican seasoning

Mix and heat. Occasionally I'll add half a package of tempe (sp?) if I'm feeling a bit rich. And yes, you can live off of the stew for quite a while.

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Citrus Seafood Stew

Recipe By : Meredithh Corpotation 1998

Serving Size : 4 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

8 ounces red snapper fillets -- skinless
4 ounces medium shrimp -- peeled and deveined
14 1/2 ounces stewed tomatoes -- canned
14 1/2 ounces chicken broth -- canned
1/2 cup long-grain rice
2 teaspoons chili powder
2 cloves garlic -- minced
3/4 cup frozen orange juice concentrate
2 cups frozen pepper stir-fry vegetables

Thaw fish and shrimp, if frozen. Rinse fish and shrimp. Cut fish into 1-inch pieces. Set aside.

In a large saucepan combine undrained tomatoes and chicken broth. Bring to boiling. Add uncooked rice, chilli powder, and garlic. Return to boiling; reduce heat. Cover and simmer about 20 minutes or until rice is tender, stirring occasionally.

Add fish, shrimp, concentrate, and frozen pepper mixture. Return to boiling; reduce heat. Cover and simmer gently for 3 to 5 minutes or until fish flakes easily and shrimp turn pink. Garnish with Florida orange slices and sprigs of fresh oregano, if desired.

Source: Special Advertising Section for Florida Citrus.

NOTES : Stock your freezer with frozen florida orange juice concentrate, seafood and stir-fry vegetables so you'll always have the makings on hand for this speedy supper.

* Exported from MasterCook *

Easy Oven Beef Stew

Recipe By : Margie Russell

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
2	pounds	stew meat -- cut into 1/2" cubes
2		onions -- cut in lengths
2	cans	stewed tomatoes -- #2 cans
3	stalks	celery -- cut diagonally
6		carrots -- quartered
6		potatoes -- quartered
1	can	consomme
1/3	cup	minute tapioca
1	tablespoon	sugar -- optional
1	tablespoon	salt
1/4	teaspoon	pepper

Beat stew tomatoes with a beater.

Combine all ingredients in a large casserole dish. Cover and bake at 300 or 325 degrees for 3 1/2 hours or more if needed.

NOTES : Very good.

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Ella's Brunswick Stew

Recipe By : Ella Bailey

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	chicken -- boiled, remove bones -- reserve broth
1	pound	ground beef -- see notes
3	medium	potatoes -- cut up
1	medium	onion -- cut up
1	small	catsup -- bottled
2	cups	English peas -- small cans
2	cups	green lima beans -- small cans
1	can	corn, cream-style -- large can
16	ounces	tomatoes, canned
1	tablespoon	sugar
1	tablespoon	vinegar
		salt and pepper -- to taste

Pan fry ground beef until all red is gone.

Cook the potatoes and onions in chicken broth until tender. add cooked ground beef. Add all other ingredients and simmer for about 30 Minutes or slow cook for 3 hours.

Can be frozen.

NOTES : May use 1 pound pork butt steak, boiled and chopped, instead of ground beef.

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Frogmore Stew

Recipe By : mh6x+@andrew.cmu.edu (Matthew Hughes)

Serving Size : 8 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	old bay seasoning
3	tablespoons	salt
1 1/2	gallons	water
2	pounds	kielbasa -- or smoked sausage
12	ears	corn -- broken into 3-4 inch
4	pounds	shrimp -- in shells

In a large stock pot, add the seasonings to the water and bring to a boil. Add sausage and boil, uncovered, five minutes. Add corn and count five minutes (begin counting immediately, don't wait until water is boiling). Add shrimp and count three minutes. Drain immediately.

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Green Chile Stew

Recipe By : sfisher@megatest.com (Scott Fisher)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
8		fresh long green chiles	
1	medium	onion -- chopped fine	
5	cloves	garlic -- minced	
1	teaspoon	oregano	
1	teaspoon	cumin	
		juice of 1/2 lime	
1	pound	lean pork -- cut into 1" cubes	
1	cup	chicken stock -- or less	
		salt	
		black pepper	
		hot green chiles to taste -- see note 2	
1	tablespoon	olive oil	

Chilies should be roasted, peeled, seeds removed and cut into coarse chunks (note 1)
Heat Dutch oven or medium saucepan over high. Saute onion, garlic, oregano and cumin until onion is clear. Add green chiles, saute and stir. Add pork cubes and stir to sear all sides of the pork; add lime juice and mix. Now add chicken stock, stopping when most of the pork cubes are covered with liquid. Stir well, reduce the heat to a simmer, cover and set the timer for 30 minutes. Check occasionally to make sure the stuff isn't scorching on the bottom. When the timer goes off, check the consistency and either add more stock if it's gotten thicker/drier than you like it, or raise the heat and cook uncovered to thicken if it's too runny. Add salt and black pepper now. Serve with fresh corn tortillas, a pepper-garlic-onion garnish I'll describe shortly, and lots of cold beer, horchata, or jamaica. You can also serve this with sour cream, which is nice. Garnish: I've taken to chopping up fresh chiles to make my own food hotter, since the kids max out at Anaheim chiles. My base mild mix is to cut up an ancho or poblano chile (the dark green glossy ones, triangular and medium-pungent) into 1/4" dice, as well as about a quarter of an onion and a clove of garlic. Add a little olive oil and some dried oregano, stir well and salt to taste. Sprinkle this on the chile verde, roll it up in your tortillas, use it in omelettes or even on Texas-style chili.

Notes: Long green chiles: If you can't find them fresh, you can use canned but the taste will be slightly different; the canned variety add lots of citric acid as a preservative. You might want to cut down on the lime in that event. I used fresh Anaheim chiles from my garden last year, and will do so again this year as the Anaheim is producing earliest (four chiles!) but I'm anxious for my New Mexico varieties to get going. The original poster is in the center of the universe for this stuff, though, and frankly you'd probably get better

recipes asking your co-workers, fellow students, or the janitorial staff there than the net; if you do, please post it! :-)

2. Hot chiles: The Anaheims are pretty mild. Some people like to add jalapenos to this, but I preferred the serranos when we had the pepper garden last year. I liked six Anaheims and six serranos when it was just for me and Kim, but the girls wouldn't touch it, which is why I started making the garnish. You can also garnish with chopped fresh cilantro or epazote if you can find it; we're growing that and I love it so far, it's like a cross between cilantro and sorrel in flavor.

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Groundnut Stew

Recipe By : Foods with a Foreign Flair

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
2	pounds	stew meat -- cut in 1-inch chunks
2	teaspoon	salt
1/2	teaspoon	pepper
2	medium	onions
2	medium	tomatoes -- roma best
2	tablespoon	salad oil -- peanut oil best
1		unsalted peanuts -- coarsely broken
4		cooked rice -- hot

In a covered medium saucepan, cook meat, 1 1/2 cups water, salt, and pepper for 1 1/2 hours or until tender. Meanwhile, in covered electric blender container at low speed [nb: this is pre-Cuisinart], blend onions and tomatoes until smooth (or chop onions and tomatoes very fine.) In large skillet over medium-high heat, in hot oil, cook onion-tomato mixture for 5 minutes. Add meat mixture and peanuts, cook about 20 minutes until sauce cooks down slightly. Serve over hot rice. [Allegedly] 6 Servings. Accompaniments: Pass small bowls of shredded coconut, orange segments, pineapple chunks, and fried onions to sprinkle over individual servings of stew, if you like. You can serve this with the JOLOFF RICE. (See recipe JOLOFF RICE)

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Gulf Coast Oyster Stew

Recipe By :

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

1 pint oysters
4 tablespoons butter
1 Qt. milk
1 1/2 teaspoons salt
1/8 teaspoon white pepper
Paprika

Melt butter, add drained oyster; cook 3 minutes or until edges curl.

Add milk, salt and pepper; bring almost to boiling point.

Serve at once.

Garnish with paprika.

Possum Kingdom Lake Cookbook

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Hare, Rabbit, Veal Or Chicken Stew With Herbs & Barley

Recipe By : The British Museum Cookbook_by Michelle Berriedale-Johnson,1

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

50 grams butter
1 1/2 kilograms hare or rabbit joints -- stewing veal or chic
450 grams leeks -- thickly sliced
4 cloves garlic -- chopped finely
175 grams pot barley
900 ml water
3 tablespoons wine vinegar
2 bay leaves
salt, pepper

15 fresh sage -- roughly chopped
or 1 tblsp dried sage

In 7th century England, herbs were one of the few flavourings available to cooks and were used heavily... Melt the butter in a heavy pan and fry the meat with the leeks and garlic till the vegetables are slightly softened and the meat lightly browned. Add the barley, water, vinegar, bay leaves and seasoning. bring the pot to the boil, cover it and simmer gently for 1 - 1 1/2 hours or till the meat is really tender and ready to fall from the bone. Add the sage and continue to cook for several minutes. Adjust the seasoning to taste and serve in bowls-- the barley will serve as a vegetable.

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Hearty Beef Stew

Recipe By : logg@cbnewse.cb.att.com (Charles Doug Logg)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
2	pounds	beef -- cut in 1-inch cubes
5		carrots -- sliced
1	large	onion -- diced
3	stalks	celery -- sliced
28	ounces	tomatoes
1/2	cup	quick-cooking tapioca
1	whole	clove
2		bay leaves
		salt and pepper to taste

Trim all fat from meat. Put all ingredients in crock-pot. Mix thoroughly. Cover and cook on low 10 - 12 hours. (High; 5 to 6 hours). To enhance the flavor, put in a day of snow skiing. Then have this for dinner.

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Herbed Beef Stew

Recipe By : Marlene Severson, Taste of Home, Feb/Mar 93

Serving Size : 10 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
2	lb	stew meat -- 1" cubes
2	tbl	oil
3	c	water
1	lg	onion -- chopped
2	tsp	pepper
1	tsp	salt -- optional
1 1/2	tsp	garlic powder
1	tsp	dried rosemary -- crushed
1	tsp	dried oregano
1	tsp	dried basil
1	tsp	marjoram
2		bay leaves
6	ounces	tomato paste
2	c	potatoes -- cubed
2	c	carrots -- sliced
1	lg	green pepper -- chopped
10	oz	frozen green beans
10	oz	frozen peas
10	oz	frozen corn
1/4	lb	mushrooms -- sliced
3	med	tomatoes -- chopped

Brown meat in oil in a Dutch oven. Add water, onion, seasonings, and tomato paste. Cover and simmer for 1 1/2 hours or until meat is tender. Stir in potatoes, carrots, and

green pepper; simmer 30 minutes. Add additional water if necessary. Stir in remaining ingredients; cover and simmer 20 minutes.

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Hopkins Country Stew

Recipe By :

Serving Size : 4 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

1		Frying Chicken
1	Bunch	Carrots
1	Bunch	Shallots
4	Large	Onions
1/2	Bunch	Celery
5		Potatoes -- diced
1	Small	Cabbage
1	Cup	Whole Kernel Corn, Frozen
1	Cup	Cream Corn
1	Cup	White Corn
		Sugar -- amount you want
		Salt And Pepper -- to taste

Cover fryer with water and simmer until meat falls off bone. Remove bone and skin and cut meat into small pieces. Return to pot.

Add remaining ingredients and cook until vegetables are tender.

Season to taste.

NOTES : You can add almost any vegetables to this - the more the better it is.

* Exported from MasterCook *

Irish Stew

Recipe By : ohegarty@watserv1.uwaterloo.ca (Orla Hegarty)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	lean mutton pieces
1	pound	carrots
1	pound	onions
1	pound	potatoes
		salt & pepper
1	pinch	thyme

Place mutton with thyme in sauce pan and add cold water to cover. Bring slowly to the boil and simmer for one hour. Add onions, potatoes, carrots, and peeled and roughly copped. Season. Continue cooking until vegetables are tender. Adjust seasoning. May be served alone or with cooked green cabbage or sprouts.

* Exported from MasterCook *

Lamb Stew

Recipe By :

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	corn oil
2	pounds	stewing lamb -- cut in 2" cubes
1		Beef bouillon cube
2	teaspoons	salt
1		Bay leaf
1/4	teaspoon	crushed dried thyme leaves
4 1/2	cups	water
6		Carrots -- cut in 3" strips
12	small	white onions
1/4	cup	corn starch

In skillet heat corn oil over medium heat.

Add lamb; brown on all sides.

Add next 4 ingredients and 4 cups of the water. Cover; bring to boil. Reduce heat; simmer 1 1/2 hours.

Add carrots and onions.

Simmer 1/2 hour or until tender.

Mix corn starch and 1/2 cup water.

Stir into lamb mixture.

Bring to boil, stirring constantly; boil 1 minute.

Possum Kingdom Lake Cookbook

* Exported from MasterCook *

Lazy Man's Beef Stew

Recipe By : Helen Burton & Alice Pardee

Serving Size : 5 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
2	pounds	beef -- cubed
4		carrots -- cut into chunks
1	package	froen peas
2		onions -- sliced
1	can	tomato soup
1		bay leaf
4	medium	potatoes -- cut in quarters
1	can	mushrooms
1/2	cup	Burgundy

Mix al ingredients in a greased 2 1/2 quart casserole. Cover and cook at 275 degrees for 5 hours.

* Exported from MasterCook *

Lentil Kielbasa Stew

Recipe By : lzsndt@ritvax.isc.rit.edu (Lynn Z. Schaeffer)

Serving Size : 4 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

2 bacon slices -- chopped
3 medium onions -- chopped
1 1/2 quarts beef stock -- boullion
2 cups dried lentils
1 cup carrots -- chopped
1 bay leaf
1 pinch thyme
2 pound kielbasa -- sliced thinly, divid
 salt and pepper

Fry bacon and onion in skillet. Discard drippings (or store in your cherished drippings jar). Place all ingredients except for 1/2 pound of the kielbasa into a large stockpot. Bring to a boil and simmer for about 1 hour. Add remaining keilbasa and cook 10 minutes more. Season to taste.

* Exported from MasterCook *

Mexican Pork-Garlic Stew With Hominy

Recipe By : "Garlic" by Janet Hazen

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

1/2 pound chorizo -- casings removed, cru
1 large onion -- cut into medium dice
14 cloves garlic -- coarsley chopped
1/2 cup dry sherry
1/4 cup olive oil
3 pounds boneless pork shoulder -- or butt, cut into 1"
1 tablespoon ground cumin

- 1 tablespoon coriander
- 1 tablespoon fennel seed
- 2 teaspoons dried oregano
- 1 quart beef stock -- or low-salt beef bro
- 15 ounces hominy, canned -- drained
- juice from 3 limes
- 1 cup green onions -- finely chopped
- 1 cup cilantro -- finely chopped
- salt and pepper, to taste

In a large pan, saute the chorizo over moderate heat til it loses its pink colour, about 3 min. Remove with slotted spoon. Saute onion and garlic in chorizo fat over moderate heat for 10 min. Add sherry, and cook 4-5 min, til the liquid evaporates. Add to the chorizo and set aside. Heat the olive oil in a heavy-bottomed pot. When hot but not smoking, brown the pork cubes on all sides. Return the pork and chorizo mixture to the pot, add the spices, oregano and beef stock. Bring to a boil over high heat, scraping the bottom of the pot to remove any particles. Reduce heat to moderate, and cook 2 hours or til meat is tender. Add the hominy and lime juice and cook 10 minutes. Mix in the green onions and cilantro just before serving. Serve hot. We usually eat it on top of rice.

* Exported from MasterCook *

Oma Pantke's Gruen Bohnen-Eintopf

Recipe By : stayka@unidui.uni-duisburg.de (Micaela "Stayka" Pantke)

Serving Size : 3 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	stew meat
4	cans	french green beans
3	pounds	potatoes
1	teaspoon	salt
1		beef bouillon cubes -- optional

summer savory
salt
ground black pepper
some vinegar to season -- optional

Drain beans and use the liquid to boil the meat for about 2 hours at low heat. Add about 1-2 teaspoon of salt (to taste!). You get a better stock when you put the meat in the cold liquid, heat to boil and then continue cooking slowly. Peel potatoes and boil until done. You needn't add salt because the beef broth will be salty enough. Reserve the water as well; you may need it to add to the stew when it turns out to thick. Take the meat out of the broth after two hours and cut it apart. You should add the lean parts to the stew. Now add the drained beans. Mash the potatoes and add them as well. When you are lazy you might use instant potato puree, but that's not quite as good as the real thing. Heat the stew while stirring well. If you consider it too thick add a bit of the reserved potato water. (BTW, the right consistency *is* rather thick!) Season to taste with savory, pepper and salt. Optionally you can add a cube of beef stock, although that isn't really necessary (my Mom does, my Granny doesn't...). I like to season the bean stew with vinegar, but this is also a matter of taste. Just try and experiment a bit!

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One, Two, Three, Four, Five (Chinese Pork Stew)

Recipe By : jih@acpub.duke.edu (Joy Hogley)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	pork spareribs -- cut in half
3	tablespoons	sugar
8		green onions -- 4 to 5 inches long
1/4	cup	soy sauce
1	tablespoon	rice wine -- or dry sherry
5	tablespoons	water

2 tablespoons rice vinegar -- or white vinegar

Use a sharp knife to cut between the spareribs. Put the green onions in the bottom of a large saucepan. Place the spareribs on top of the green onions. Add the wine, vinegar, sugar, soy sauce, and water. Cover and bring to a boil over high heat then reduce heat to low. Cook about 2 hours, then serve hot. Makes about 4 servings.

Note: This recipe is really nice, and good for weekends. I suggest you serve it with white rice to soak up all the liquid. I think the name is supposed to indicate how simple it is - it's from an old chinese cookbook.

* Exported from MasterCook *

Oriental Stew

Recipe By :

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
5	cups	vegetable stock
1	sm	onion, thinly sliced
1	cloves	garlic, minced
1	tablespoon	minced gingerroot
1 1/2	tablespoons	soy sauce
1	stalk	bok choy
		sweet red pepper, julienned
1	cup	broccoli florets
		carrot, shredded
1	cup	sliced mushrooms (3 oz)
1/2	cup	peas
2	ounces	buckwheat noodles (1/2 cup)
1/2	pound	firm tofu, cut in 1/2" cubes
1/4	cup	watercress leaves

GARNISH: blanched peapods, thin scallion slices, celery leaves, toasted sesame seeds, finely shredded lettuce or watercress leaves, Optional. Place 1/2 cup of the vegetable stock in a Dutch oven or 3 1/2 - 5 qt saucepan and bring to a boil. Add onion, garlic, and ginger; simmer for 3 minutes. Stir in remaining stock and soy sauce. Cover pot and bring to a gentle boil. Add remaining ingredients. Test for doneness: noodles should be softened; vegetables should remain crisp/tender. Timing - about 8 minutes. Top each serving with one of the garnishes. VARIATIONS: - substitute 1 C cooked brown rice for the buckwheat noodles peppers, chopped water chestnut, chopped jicama root, shredded spinach, chopped celery, or bamboo shoots. EGG THREADS: In a small skillet, heat a little margarine. When it begins to bubble, add 1 egg beaten with a little cold water. Tilt the pan so the yolk mixture coats it in a thin layer, the thinner the better. When the egg is lightly cooked, turn it out onto a cutting board. Slice it into very thin strips with a sharp knife. (makes about 1/3 cup)

* Exported from MasterCook *

Ox-Tail Stew

Recipe By : The Canadian Living Cookbook

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	all-purpose flour
2	teaspoons	salt
1/4	teaspoon	pepper
4	pounds	oxtails -- cut at joints
2	tablespoons	shortening
2		onions -- cut in quarters
4	cups	boiling water
2		beef bouillon cubes
1		bay leaf
6		carrots -- cut in chunks

- 3 potatoes -- cut in chunks
- 2 cup rutabaga -- chopped
- 1 cup celery -- diagonally sliced
- 1/2 cup cold water -- optional

In large bag, mix together flour, 1tsp salt and pepper. Shake oxtails, a few at a time, until evenly coated. Set aside any leftover flour mixture. In large flameproof casserole or Dutch oven, melt shortening over medium-high heat. Brown oxtails completely, adding more shortening if pan looks dry. Set aside as they brown. Add onions to pan and cook until softened. Drain off any excess fat. Stir in boiling water, bouillon cubes and bay leaf; return oxtails to pan. Cover and bake in 325 F (160 C) oven for 2-1/2 to 3 hours or until oxtails are tender. (If oxtails are fatty, prepare recipe to this point. Cool and refrigerate overnight; remove fat before continuing.) Add carrots, potatoes, rutabaga, celery and remaining salt to stew. Cover and bake for about 45 minutes longer or until vegetables are tender and stew is heated through. If desired, thicken stew with 2 tbsp of reserved seasoned flour blended with cold water. Stir into stew and heat to boiling, stirring constantly.

* Exported from MasterCook *

Persian Pumpkin Stew

Recipe By : The Persian cookbook, "Food of Life"

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	stew meat -- (lamb or beef)
2	small	pumpkin -- or 1 med-small pumpk
1/2	cup	dried prunes
3	tablespoons	tomato paste
1	teaspoon	turmeric
1/8	teaspoon	cinnamon
1/2	medium	onion -- chopped

1 pinch salt and pepper to taste
1 pinch saffron dissolved in 1/4c. warm water -- optional

Brown the meat and add about 1 and 1/2 cups water. Add tomato paste, turmeric, cinnamon, saffron and salt and pepper and sauteed onion. Cook covered at a simmer for about 1 and 1/2 to two hours. Meat should be tender and nearly falling apart stage. You may need to add water during cooking but you shouldn't end up with more than the stated amount. You don't want a watery stew. In the meantime, seed the pumpkin and slice into 2X2 inch pieces and peel. Brown on both sides in corn oil. The pumpkin should become brown in some places and somewhat flexible but not totally cooked. Add to meat and cook covered an additional 20-30 minutes until tender but not falling apart. A fork should go into the pumpkin easily but not break it up. Add the prunes the last 5 minutes of cooking. They shouldn't really cook too much but should get warm. Serve over hot basmati rice.

Note on pumpkin: Baking pumpkins are the best since they are sweeter and less stringy. I have used jack o lantern pumpkins when feeling frugal and the dish was still good. You want about twice the volume of meat in peeled pumpkin slices.

* Exported from MasterCook *

Persian Quince Stew (Khoresh-E Beh)

Recipe By : The Persian cookbook, "Food of Life"

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

2 onions -- finely sliced
1/3 cup oil -- or butter
1 pound stew meat -- cut in 1 inch cubes
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon ground cinnamon

3 cups water
2 large quince
3 tablespoons sugar
1/4 cup vinegar -- or lemon juice
1/4 teaspoon saffron -- dissolve in 1tb. hot
1/3 cup yellow split peas

In large pot, brown onions in 3 Tbsp. of oil or butter. Add meat and brown. Add salt, pepper, and cinnamon. Add water, cover and simmer over low heat for 1 hr, stirring occasionally. Wash, but don't peel quinces. Use apple corer to remove seeds. Slice as for apple pie. In skillet, saute in 2 Tbsp. oil or butter and set aside. To the meat, add sugar, vinegar or lemon juice, saffron, split peas, and quince. Cover and simmer 35 minutes. Check to see that meat and fruit are cooked. Taste and correct seasoning. Transfer to deep casserole dish and keep in warm oven until ready to serve. Serve hot with chelo (recipe below.) CHELO 3 cups basmati rice 8 cups water 2 tblsp salt 3/4 cup melted butter 1/2 tsp ground saffron, dissolved in 2 Tbsp. hot water 2 tblsp yogurt (optional) Wash rice 5 times in cold water. Bring water and salt to boil in a large non-stick pan. Add washed and drained rice. Boil 6 minutes, stirring gently twice to loosen grains that may have stuck to bottom. Drain rice in colander and rinse in lukewarm water. In same pot, heat half the butter, 2 Tbsp. hot water, a drop of dissolved saffron, and yogurt. Taking one spatula at a time, place rice gently in pot mounding in the shape of a pyramid. Dissolve remaining butter in 2 Tbsp. hot water and pour over rice. Place clean dishtowel over pot and cover firmly with lid to prevent steam from escaping. Cook 10 minutes over medium heat and 50 minutes over low heat. Remove from heat. Allow to cool 5 minutes on a damp surface without removing lid. Put 2 Tbsp. of the rice in with remaining saffron and set aside for garnish. Gently remove rice from pot without disturbing crust. Sprinkle saffron flavored rice over top and serve. Detach crust and serve separately.

Note: I am giving the detailed instructions. I don't use the yogurt and I drizzle the remaining saffron over *all* the rice. I also serve the tah dig (crust) with the rest of the rice.

* Exported from MasterCook *

Pumpkin Stew

Recipe By : sarahb@fanfare.Eng.Sun.COM (Sarah Bate)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	beef round -- boneless, cubed
1	tablespoon	butter -- not margarine
1	medium	onion -- coarsely chopped
2	stalks	celery -- coarsely chopped
5	cups	water
1/2	teaspoon	salt
1/2	teaspoon	dried thyme
1/4	teaspoon	black pepper
5	pounds	pumpkin
1/4	cup	all-purpose flour -- sifted
1	cup	frozen green peas

In a 4-quart Dutch oven, brown beef in butter. Add onion & celery; saute until browned. Stir in 4 cups water, the salt, thyme, & pepper. Heat to boiling. Cook covered 1 hour. Cut 2 inches off the top of the pumpkin. Trim the rim of pumpkin bottom to form points; scoop out seeds. Peel top & trimmings; cut into 1" cubes; add to beef after 1 hour. Cook 30 mins longer or until tender. Heat oven to 350*. Bake pumpkin shell 20 mins. Stir flour into 1 cup water; add stew with peas. Cook, stirring until thickened; spoon into shell & serve.

Note: Do not place pumpkin on direct heat.

* Exported from MasterCook *

Senegal Stew With Millet

Recipe By : "Wholesome Harvest" by Carol Gelles

Serving Size : 4 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

2 tablespoons oil
2 cups cabbage -- coarsely chopped
1 cup onion -- chopped
2 cloves garlic -- minced
1/2 teaspoon cayenne
1/2 teaspoon curry powder
1/4 teaspoon dried thyme
1 14 1/2 ounce peeled tomatoes -- undrained
1 cup vegetable broth -- or water
2 tablespoons smooth peanut butter
2 cups sweet potato -- cubed
1 1/2 cups rutabaga -- cubed
1 cup carrot -- in 1/2-inch pieces
1 cup chickpeas -- cooked
2 cups millet -- cooked

In a 3-qt. saucepan, heat the oil over med.-high heat. Add cabbage, onion, & garlic, and cook ,stirring , until the cabbage is softened. Stir in the cayenne, curry pwdr, and thyme; stir in tomatoes, breaking them up with spoon (can also squish them through your hands as you add them --- jtk). Add the broth and peanut butter, and stir until completely smooth. Add potato, rutabaga, carrot, & chickpeas. Bring to a boil, reduce heat, & simmer uncovered for 35 mins. Serve over the millet.

* Exported from MasterCook *

Six-Hour Stew

Recipe By : cjpope@ingr.com (Candy Pope)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

3 pounds chuck roast -- cubed
1 can cream of mushroom soup
1 can water

3 stalks celery
8 carrots -- thickly sliced
4 large potatoes -- quartered
1 envelope onion soup mix
3 onions -- sliced
1 can tomatoes -- whole
1 teaspoon basil
4 tablespoons tapioca

Place all ingredients in a heavy roaster with a tight fitting lid and bake at 275 for 6 hours.
DO NOT OPEN THE OVEN DOOR DURING COOKING TIME!

Notes: I use about 5 onions and 2 quart sized jars of canned tomatoes. I have also made this stew using chicken (deboned thighs) and it was great. It is good without meat as well.

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Small Bird And Bacon Stew With Walnuts Or Hazelnuts

Recipe By : The British Museum Cookbook by Michelle Berriedale-Johnson,

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

6 slices bacon, thick-sliced -- chopped roughly
3 cloves garlic
4 pigeons -- or other small game
8 ounces mushrooms -- chopped roughly
3 ounces hazelnuts or walnuts -- rough chop, roasted
1 1/4 cups ale -- real
3/4 cup water
2 bay leaves
salt and freshly ground black pepper
6 slices coarse brown bread

Use 6 birds if they are really small. Fry the bacon, with the garlic, till it is lightly browned in a heavy bottomed casserole. Add birds and brown on all sides. Add the mushrooms and nuts, continue to cook for a couple of minutes, then add the ale and water with the bay leaves. Bring to the boil, cover and simmer very gently for 2 - 2 1/2 hours -- the birds should be falling off the bone. Remove the birds from the juices, cool juices completely and remove any excess fat. The birds can be served whole on or off the bone. If the latter, carve them while they are cold then return to the skimmed juices and reheat gently. Adjust the seasoning to taste and serve either the whole birds or the slices on the pieces of bread, with plenty of the juices and "bits". A good green salad to follow is the best accompaniment.

* Exported from MasterCook *

Sour Cream-Tomato Beef Stew

Recipe By :

Serving Size : 6 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

2 1/2 pounds beef chuck steak -- cut into 2x1/2"
-- strips
1 cup onion -- chopped
2 tablespoons vegetable oil
2 cups sliced mushrooms
1 can whole tomatoes -- (14 1/2 oz.)
1 can tomato paste -- (6 oz.)
1/2 cup water
1 tablespoon sugar
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon pepper
3/4 cup sour cream
2 tablespoons Bisquick baking mix
1/3 cup butter -- melted
1 cup sour cream

Cook beef and onion in oil in Dutch oven until brown.

Stir in mushrooms, tomatoes (with liquid, paste, water, sugar, salt, sauce and pepper; break up tomatoes.

Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until beef is tender, 1 1/2 hour.

Mix 3/4 cup sour cream and 2 Tbsp. baking mix; stir into stew. Heat to boiling.

Mix remaining ingredients; beat 20 strokes. Drop by spoonfuls on stew. Bake at 450 degrees until brown, 10 minutes.

5 - 6 servings.

Possum Kingdom Lake Cookbook

Spicy Kale And Chick-Pea Stew

Recipe By : talmy@rand.org (Shel Talmy)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	chickpeas -- dried
10	cups	water
2	large	onions -- chopped coarse
3	large	garlic cloves -- minced
1/4	cup	olive oil
2		green bell peppers -- chopped coarse
1 1/2	pounds	kale -- stems removed, leave
2	cans	plum tomatoes -- chopped, undrained
6	ounce	tomato paste
2 1/2	tablespoon	chile powder
1	teaspoon	dried thyme
1	teaspoon	dried oregano
1	teaspoon	dried hot red pepper flakes
1	teaspoon	ground cumin
1	teaspoon	sugar
1		bay leaf
		steamed couscous or rice as an accompanime

Chickpeas should be soaked overnight in enough water to cover them by 4 inches, drained, and rinsed. In a large saucepan simmer the chickpeas in the water, covered partially, for 1 1/2 hours, or until they are tender. In a heavy kettle cook the onions and the garlic in the oil over moderate heat, stirring occasionally, until the vegetables are golden, add the bell peppers, and cook the mixture, stirring, for 10 minutes. Add the chick-peas with the cooking liquid, the kale, the tomatoes with the juice, the tomato paste, the chili powder, the thyme, the oregano, the red pepper flakes, the cumin, the sugar, and the bay leaf, bring the liquid to a boil, and simmer the stew, stirring occasionally, for 1 hour. Discard the bay leaf, season the stew with salt, and serve the stew on the couscous or rice. Makes about 14 cups, serving 8 to 10.

* Exported from MasterCook *

Spicy, Tomato-Based Vegetable Stew

Recipe By : cammer@cs.uchicago.edu (Daniel Cammerman)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

2 onions -- chopped
2 cloves garlic
1/2 hot chili pepper
3 pounds carrots -- in chunks
3 pounds turnips -- in chunks
3 pounds parsnips -- in chunks (proportio
2 pounds mushrooms -- quartered
3 pints chicken stock
6 ounce tomato paste

Saute the following in 'enough' vegetable oil adding the ingredients in the order specified:
2 onions (chopped) 2+ cloves garlic 1/2 hot chilli pepper (don't go overboard!)
3-4 lbs carrots, turnips, parsnips in chunks (proportion according to taste) 1-2 lbs
mushrooms (quartered) Once the veg are done, add enough of the following stock to
cover them with a little room to spare: 3 pts chicken/chicken flavor stock 1 small can of
tomato paste Season with oregano, basil, and whatever you feel like. The important thing
with this recipe is to taste regularly and go with your gut as to what is best. Serve the
'sauce' over a bed of couscous.

Note: To this you can add anything from meatballs to spicy sausages to ... nothing. It
freezes really well, so I make it in very large batches.

* Exported from MasterCook *

Stew-Da-Loo

Recipe By :

Serving Size : 8 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

2 pounds cubed lean beef for stew
2 tablespoons shortening
3 1/2 cups water
1 medium onion -- sliced
1 tablespoon Heinz Worcestershire Sauce
1/4 teaspoon pepper
6 medium potatoes -- cubed
4 medium carrots -- cut into 1/4"
-- slices
2 medium onions -- cut into eighths
1 cup Heinz Tomato Ketchup
1/2 cup dry red wine
1 package frozen peas -- (10 oz.)

In large saucepan or Dutch oven, brown meat well in shortening.

Add water and next 4 ingredients.

Cover; simmer 45 minutes or until meat is almost tender, stirring occasionally.

Add potatoes, carrots and onions.

Cover; simmer 30 minutes or until vegetables are tender.

Stir in ketchup, wine and peas.

Cover; simmer 20 minutes longer.

Thicken sauce with flour/water mixture, if desired.

Makes 8 - 10 servings.

Possum Kingdom Lake Cookbook

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Tomato Lentil Stew Over Quinoa

Recipe By : tara@starburst.umd.edu (Tara McDermott)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient	Preparation Method
2	cups	lentils -- washed	
2	large	onions	
5	medium	tomatoes	
3	tablespoons	canola oil	
		water	
3/4	teaspoon	salt	
1 1/2	teaspoons	marjoram	
1 1/2	teaspoons	savory	

In a medium-large saucepan boil lentils in water for about 30 - 40 minutes (or until thoroughly cooked). While these are cooking, chop onions and tomatoes. In a very large skillet or pan, sautee onions until they are just about cooked (mostly translucent). Add tomatoes and stir occasionally. Crush the marjoram and savory in your palm and rub together to release the flavor, and add to the pan. Add the salt. When it seems the tomatoes are fairly stewy and cooked, add the cooked, well drained lentils (which by this time should be done). Cook together for a few minutes to get an even mixture. To cook quinoa, boil two parts water to one part quinoa. Add grain (supposedly you're supposed to rinse it, but I don't have a fine enough colander, so I do without this step). Cover and lower to a simmer. Cook for 15 minutes. Stir and let sit covered off the heat for ten minutes before serving. This is a really good dish with steamed cauliflower and for a really neat touch, try adding some cooked arame seaweed on top. Soak a handful of arame in cold water (you don't need very much of this - a little goes a LONG way, and it's very very dense in nutrition). In a small pan heat some oil and add a couple cloves of chopped or pressed garlic, and a very small amount of diced ginger (optional). Add drained and squeezed arame and saute for a few minutes. Add soy sauce to taste. When the arame becomes crispy it's ready to eat. Just sprinkle on top of the stew, or any pasta dish for that matter.

* Exported from MasterCook *

Tortellini And Spinach Stew

Recipe By : Meatless Dishes in Twenty Minutes

Serving Size : 2 Preparation Time: 0:0

Categories :

Amount	Measure	Ingredient -- Preparation Method
9	ounces	tortellini, cheese-filled -- fresh, uncooked
2	cups	spinach leaves -- packed
2	medium	tomatoes -- or 4 plum tomatoes
2	tablespoons	olive oil
2	teaspoons	garlic -- minced
1	cup	chicken broth -- or beef or vegetable
2	tablespoons	fresh basil -- minced, or 1 tsp dri
1/3	cup	asiago cheese -- grated or parmesan c
		freshly ground black pepper for garnish

Cook tortellini according to package directions. While tortellini is cooking, remove stems from spinach leaves and set aside. Seed and chop tomatoes and set aside. Heat oil in a large deep skillet over medium high heat. Add garlic and cook for 1 minute. Add broth and boil gently, uncovered, for 5 minutes. Add spinach, tomato, and basil and heat through just until spinach wilts. Drain tortellini and add to skillet. Cook for 1 minute or until hot. Sprinkle with cheese and serve with pepper.

* Exported from MasterCook *

Vegetable Stew With Dolma

Recipe By : johnnie@mtcons.almanac.bc.ca (John Wilkinson)

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

1 carrot -- cut half, then length
several white radishes -- quartered
1 small zucchini -- cut into 2 inch slice
1 pound tomatoes -- peeled and diced
celery -- cut like carrots or
1 large onion -- diced
1 tablespoon paprika
1 tablespoon cumin
1 teaspoon turmeric
4 cloves garlic -- diced
3 tablespoons olive oil
1 1/2 litres water -- or fish stock
1/2 bunch fresh cilantro
-----dolma-----
2 cups firm white fish -- ground or finely min
1/4 cup white rice -- raw short grain
1 egg white
1/2 teaspoon pepper
salt to taste
1 1/2 teaspoon cumin
1/4 teaspoon turmeric -- optional
2 cloves garlic -- finely minced

Saute onions in oil until soft. Add all the vegetables and spices, except cilantro and zucchini, and stock. Bring to a boil, reduce heat and simmer. Make the balls (recipe follows) while it's simmering. When vegetables are half cooked add the dolma balls gently, one at a time, on a spoon. Make sure they are well covered with liquid as they will double in size. Add a little water or stock if needed to cover. Let simmer for 10 minutes then add zucchini and cilantro and simmer until balls are firm and rice in middle is soft. Check while cooking and add more liquid if needed. Dolma: Put all ingredients into a bowl and mix thoroughly the roll into walnut-sized balls and set aside.

* Exported from MasterCook *

Venison Stew

Recipe By : Mrs.Ora Moore of Dillsboro, Indiana

Serving Size : 1 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

2 pounds stew meat
6 carrots
6 potatoes
2 tablespoons oil
1 teaspoon worcestershire sauce
1 medium onion
2 bay leaves
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon pepper
1/2 teaspoon paprika
1 dash allspice

Brown the cubed meat in the oil, add two cups of water, then the rest of the ingredients. Cover and simmer 1 1/2 hours. Remove bay leaves, add carrots and potatoes, cook another 30-45 minutes or until tender. As a footnote, I've just browned the meat, then dumped everything in the "crockpot" on low. It produces a stew that tastes as tho' it already been reheated several times. IMHO, that's the best stew.

* Exported from MasterCook *

West African Groundnut Stew

Recipe By : New Recipes from Moosewood Restaurant
Serving Size : 1 Preparation Time: 0:0
Categories :

Amount	Measure	Ingredient -- Preparation Method
2		sweet potatoes -- cubed
2	tablespoons	oil
3	cloves	garlic -- minced
3	tablespoons	ginger root -- minced
2	tablespoons	coriander -- ground
1/2	teaspoon	cayenne
4	cups	onion -- chopped
1		eggplant -- cubed
2		tomatoes -- chopped
1/2	cup	stock -- or water
1	cup	zucchini -- chopped
2		green bell peppers
2	cups	tomato juice
1/2	cup	peanut butter

Steam or boil sweet potato cubes until tender. Saute garlic, ginger and spices for 1 minute; add onions and cook until soft. Add tomatoes, eggplant & stock/water; simmer 10 minutes. Add zucchini & bell pepper, continue to simmer until all vegetables are tender, ~ 20 minutes. Add sweet potatoes to stew along with tomato juice and almond butter. Stir well and simmer on very low heat for 5-10 minutes, stirring to prevent sticking. Serve on rice, couscous or millet.

* Exported from MasterCook *

Winter Vegetable Stew/Pie

Recipe By : Fields of Greens
Serving Size : 1 Preparation Time: 0:0
Categories :

Amount	Measure	Ingredient -- Preparation Method

-----stock-----		
1/2	cup	dried vegetable soup mix
3	cup	slightly aged chopped white mushrooms
3	cup	water
-----stew-----		
1/2		rutabaga -- halved then thinly s
1	cup	white mushrooms -- slightly aged, halve
6	small	shitake -- coarsely chopped
1	tablespoon	olive oil
		salt and pepper to taste
5		garlic cloves -- finely chopped
1/2	cup	dry sherry
1	medium	yellow onion -- cut into large piece
1	medium	carrot -- peeled, 1/2" slices
2	medium	russet potatos -- in 1/2 of 1/2" slice
1	medium	fennel bulb -- quartered, in 1/2" s
2	tablespoon	fresh thyme -- chopped or 2 tsp dri
2	tablespoon	fresh marjoram -- chopped or 2 tsp dri
2	tablespoon	fresh parsley -- chopped or 2 tsp dri

This began last night as an effort to make the Winter Vegetable Pie recipe in the Fields of Greens cookbook just acquired (and thanks to those who sent advice on the book last month). As usual, however, we varied a great deal, so the result is greatly different from the book's--but was wonderful. We realized that the recipe started with "Mushroom stock," which would take 3 hours to make. Since it was already 7 in the evening, that was out. The celery root we thought was in the vegetable bin was a rutabaga; we had six shitake to use up. So we improvised: Stock: Gently simmer, until reduced to about 2 cups liquid.

Heat 1 tablespoon of the olive oil in a large skillet; add the mushrooms, pinch of salt, 2 or 3 grinds of pepper. Sear the mushrooms over high heat until golden. Add half the garlic and deglaze the pan with half the sherry. When the pan is almost dry, transfer the mushrooms to a bowl. Heat the remaining tablespoon of olive oil in stew pot and add the onion, pinch of salt, 2 grinds of pepper; saute until onion is transparent. Add the remaining garlic, rutabaga, carrot, potatoes, and fennel, saute for 5 minutes. Add the mushrooms, herbs, and the reduced stock. Cover and simmer until vegetables are soft and flavors melded, about 30 minutes over medium/medium low heat. Serve over grain, pasta, or polenta (we used a mixed spiral spinach pasta and basmati rice left over from previous meals), with crusty bread, bread sticks, or pretzels. The Fields of Greens book takes its mixture, pours it into a 9 inch round baking dish, then covers it with a white pastry cover, with an egg wash on it (there goes the vegan listing!), then bakes in 375 degree oven for 40 minutes. Our variation worked well; we ate at about 8:45 (which is fairly normal for us), a rich and warming stew with the temperature outside at -5, wind chill -37. We'll try some different root vegetables next time, and perhaps add tofu slices as well.

* Exported from MasterCook *

Zucchini-Curry Eintopf (Zucchini Curry Stew)

Recipe By : alex@ee.uni-sb.de (Alexander Bachmann)

Serving Size : 4 Preparation Time: 0:0

Categories :

Amount Measure Ingredient -- Preparation Method

1 kilogram zucchini
1 onion
1 garlic clove
30 grams clarified butter
1 tablespoon curry powder
1 can tomatoes
3 tablespoons coconut paste -- (*)
2 tablespoons mustard seed

(*) I cooked 100g dried grated coconut with water in the microwave oven, pureed it and strained it through a sieve.

Peel, seed and dice zucchini. Mince onion and garlic. Puree tomatoes together with the juice. Steam onion and garlic in the clarified butter. Stir in curry powder. Add tomato puree and cook until it thickens a bit. Dissolve coconut paste in the tomato puree. Add diced zucchini and steam for about 30 minutes until tender. Roast mustard seeds in a pan and sprinkle over the stew.
