

# Beef Stew with Cumin Seed

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## Ingredients:

2 cups all-purpose flour  
1 tbl. dried thyme  
1 tsp. salt, plus additional to taste  
½ tsp. pepper, plus additional to taste  
3 lbs. boneless beef chuck, cut into 1 inch cubes  
¼ cup olive oil  
1 cup dry red wine  
1 ½ cups beef stock  
1 cup canned crushed tomatoes  
2 tbl. ground cumin seeds  
1 tsp. chili powder  
1 bay leaf  
8 to 12 frozen white pearl onions  
6 garlic cloves, peeled and chopped  
½ cup chopped Italian parsley, plus additional for garnish  
1 ½ cups green Sicilian olives

## Directions:

Preheat oven to 350°. Stir the flour, thyme, 1 tsp. salt and ½ tsp. pepper together in a shallow bowl. Turn the cubes of stew meat in the flour to coat well, shake off excess, and transfer to a plate.

Heat the olive oil in a heavy Dutch oven. Add the beef cubes, a few at a time, and brown them well on all sides. As they are browned, transfer them to paper towels to drain.

When all the meat is browned, discard excess oil but do not wash the pan. Add the wine, beef stock and crushed tomatoes, and set the pan over medium heat. Bring to a boil, stirring and scraping up the browned bits from the bottom of the pan. Return beef to the pan, then add cumin seed, chili powder and bay leaf and season to taste with salt and pepper.

Cover the pan and set on the middle rack of the oven. Bake for 1 ½ hours, stirring occasionally and regulating the oven temperature to maintain the stew at a steady simmer.

After the stew has been in the oven about 1 hour, stir in the pearl onions. Continue to cook the stew, uncovered.

After another 15 minutes, stir in the garlic, ½ cup parsley and the olives. Continue to cook, uncovered, until the stew is reduced and thickened to your liking and the beef is tender. Transfer to a serving bowl, sprinkle with parsley and serve.

~ Credit: Silver Palate Cookbook