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Where you can find locally raised meat, milk and eggs!

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How to Make Sour Beef Stew

Sour Beef Stew made from inexpensive (relatively) cuts of beef is still a great value, about \$6/lb, tastes great and is easy to make. Costco, Sam's Club, BJ's and your local grocery store all have stew meat, bottom round, chuck beef roasts from October into the late winter.

Prep time: 30 minutes

Cook time: 4 to 4.5 hours

Total time: about 5 hours

Yield: 10 - 16servings

Ingredients

- **3 lbs to 6 lbs of Beef stew cubes** - You can get already cubed beef, Beef Chuck roast or Bottom Round or Top Round. Chuck is more tender. Use 3 to 6 lbs of beef. 5 or 6 lbs makes enough for 4 meals for 4 people, or 3 meals for 5 people



- **Lemons** - 2 or 3 large lemons, sliced into 1/8th inch strips. remove seeds. And yes, when cooked, as well as adding flavor to the stew, they taste great!
- **Olive oil** - a few tablespoons for browning the beef
- **Bay leaves** - 8 to 10 leaves
- **Onions** - 3 to 5 large sweet onions
- **Chicken or Beef broth** - 1.5 to 3 cups (enough to cover everything)
- **Peeled carrots or baby carrots** - 1.5 to 3 lbs - I like lots of carrots, so I use 3 or 4 pounds
- **Vinegar** - 3/4 to 1 cup, I use apple cider vinegar or red wine vinegar, don't use more.
- **Flour**, about 1 cup, to coat the beef cubes before browning them.
- **Ginger snaps** - 6 to 12 ginger snaps. Since this is a Pennsylvania Dutch recipe, the preferred ones are [Irwin's "Spiced Wafers"](#), but if you can't get these, just get the best ginger snaps you can. Cheapo brands have an "off" flavor.
- **Olive oil** a few tablespoons for browning the beef
- **Salt and pepper** - salt is really optional. I don't add any salt.

Served over:

- **Cooked Wide Egg Noodles.** If you want to lower the fat and cholesterol, you can use the Yolk-less egg noodles.

Directions

Step 1 - Clean the crockpot / slow-cooker

Just wash out the ceramic bowl

Step 2 - Flour the beef cubes

Put the beef cubes in a large bowl with the flour and mix thoroughly to coat all the cubes evenly.

Then put a sieve or colander in the kitchen sink and dump the beef cubes into it.

Then jostle the colander until the loose flour is removed.

Step 3 - Brown the beef cubes

Heat the olive oil in a large pot (the tall sides work better than a fry pan to over splattering hot oil). Put enough beef cubes in to cover the bottom 1 layer deep. Brown, stir and flip them until they are evenly browned, about 10 minutes over medium to medium-high heat.



Step 4 - Chop the onions

When the beef is browning, chop the onions. Anything under 1/2 inch will do.

Step 5 - Slice the lemons

2 or 3 large lemons, sliced into 1/8th inch strips. Remove seeds.

Step 6 - Sauté the onion

Remove the browned beef cubes, but retain the oil and liquid. Then lightly brown the onions in the pot.

Step 7 - Fill the crockpot

I put the liquids in first. Next, put the onions in the bottom, then the beef. After that the ginger snaps and spices.

Step 8 - Cook for 2 hours

At first on high. After the first hour or 2, turn to medium or low. Every crockpot is different, You want to see it simmering but not boiling so hard that you risk burning the bottom.

Step 9 - Add the carrots and cook for 2 more hours

Add the carrots and cook for another 2 hours, for a total of 4 to 4.5 hours in total, until the meat is very tender.



Step 10 - Cook the egg noodles

The egg noodles are simply boiling in a pot of water for about 10 - 12 minutes. Drain the noodles.

Step 11 - Serve

Serve the sour beef stew on the noodles!

