

Red Wine Braised Beef Stew with Balance Winemakers Selection Merlot 2022 (Serves four)

Ingredients:

- 900g beef stew meat, cut into chunks
- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, peeled and sliced
- 2 celery stalks, sliced
- 1 cup mushrooms, sliced
- 2 tablespoons all-purpose flour
- 2 cups beef broth
- 1 cup Balance Winemakers Selection Merlot 2022
- 2 tablespoons tomato paste
- 2 bay leaves
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions:

1. Heat the olive oil in a large pot over medium-high heat. Add the beef stew meat and brown it on all sides. Remove the meat from the pot and set it aside.
2. In the same pot, add the diced onion and minced garlic. Sauté until the onion becomes translucent and fragrant.
3. Add the sliced carrots, celery, and mushrooms to the pot. Cook for a few minutes until the vegetables start to soften.
4. Sprinkle the flour over the vegetables and stir well to coat them evenly.
5. Pour in the beef broth and Balance Winemakers Selection Merlot 2022. Stir in the tomato paste, bay leaves, dried thyme, salt, and pepper.
6. Return the browned beef stew meat to the pot. Bring the mixture to a simmer.
7. Reduce the heat to low, cover the pot, and let the stew simmer for about 2 hours, or until the beef becomes tender.
8. Remove the bay leaves from the pot and discard them.
9. Taste and adjust the seasoning if needed.
10. Serve the red wine braised beef stew in bowls, garnished with fresh chopped parsley.

11. Enjoy this hearty and flavorful stew, enhanced by the deep and robust notes of the Balance Winemakers Selection Merlot 2022. It pairs beautifully with crusty bread or mashed potatoes.