

Treasure Barrel

27 Timeless Vintage Recipes Too Good to Leave Behind

30 min Prep time	**45 min** Cook time	**1 h 15 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

For the Main Dish

- [ ] 2 lbs beef chuck roast, cut into chunks
- [ ] 3 tbsp butter
- [ ] 2 onions, sliced thin
- [ ] 4 carrots, peeled and cut into coins
- [ ] 3 potatoes, peeled and cubed
- [ ] 2 cloves garlic, minced
- [ ] 1 bay leaf
- [ ] 1 tsp thyme leaves
- [ ] 4 cups beef broth
- [ ] Salt and pepper to taste

For the Herb Crust

- [ ] 1 cup flour
- [ ] 1 tsp paprika
- [ ] 1/2 tsp salt
- [ ] 1/4 cup cold butter, cubed
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Preheat your oven to 325°F. Pat the beef dry with paper towels and season generously with salt and pepper. In a large Dutch oven, melt the butter over medium-high heat. Brown the beef in batches, getting a good crust on all sides. Don't rush this - it builds flavor.

2. Remove the beef and set aside. In the same pot, add the onions and cook until they start to soften and turn golden, about 5 minutes. Add the garlic and cook for another minute until fragrant.

3. Return the beef to the pot along with any accumulated juices. Add the carrots, potatoes, bay leaf, and thyme. Pour in the beef broth - it should come about halfway up the ingredients. Bring to a gentle simmer.

4. Cover and transfer to the oven. Bake for 2 hours, or until the beef is fork-tender. Check occasionally to make sure there's still liquid - add a bit more broth if needed.

5. While the stew cooks, make the herb crust. In a bowl, combine flour, paprika, and salt. Cut in the cold butter until the mixture resembles coarse crumbs. Stir in the parsley.

6. Remove the stew from oven and increase temperature to 400°F. Drop spoonfuls of the crust mixture over the top of the stew. Return to oven, uncovered, and bake for 20-25 minutes until the crust is golden and cooked through.

7 Let rest for 10 minutes before serving. The resting time allows the flavors to settle and the stew to thicken slightly. Serve hot in bowls with the herb crust broken over the top.

Nutrition per serving

420 kcal	32 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- This stew tastes even better the next day - the flavors continue to develop as it sits
- You can use lamb instead of beef for a different flavor profile
- Don't skip browning the meat - it creates the foundation of flavor for the whole dish
- The herb crust can be customized with your favorite herbs - rosemary works beautifully