

BEEF STEW WITH HAZELNUT PICADA

SERVES: 6

INGREDIENTS

For the stew:

- 2 tablespoon olive oil
- 2 lbs. beef shin or stewing beef, cut into 1-inch cubes
- 3 tablespoons seasoned plain flour
- 50 grams tin anchovies in oil
- 2 onions, finely chopped
- 6 garlic cloves, peeled and smashed
- 2 celery sticks, sliced
- 2 large carrots, chopped
- 2 cups dry red wine, plus an extra ½ to 1 cup to taste
- 2 cups fresh beef stock
- 2 fresh thyme sprigs
- 2 fresh rosemary sprigs
- 1 fresh bay leaf
- 1/2 cup black olives, pitted

For the Hazelnut Picada:

- 1/2 cup hazelnuts, skins removed
- Extra-virgin olive oil for frying
- 3 thick slices sourdough bread
- 1 garlic clove, very finely chopped
- Finely grated zest 1 lemon
- 1 tablespoon sherry vinegar
- 1 small bunch fresh flat leaf parsley, finely chopped

METHOD

1. Heat the oven to 300°F.
2. Put a large, deep casserole over a medium-high heat, add the oil and, when hot, toss the beef in the seasoned flour, then add half the beef to the pan. Cook for a few minutes, turning, until nicely browned all over, then remove to a plate and set aside.

Repeat with the remaining beef (if it starts to burn, turn down the heat slightly and add a splash more oil).

3. Turn down the heat to low and add the anchovies and the oil from the tin, reserving 2 fillets for the sauce. Add the onions, garlic cloves, celery, and carrots, then cook gently, stirring occasionally, for 15 minutes.
4. Add a splash of wine to the pan and scrape off any brown bits stuck to the bottom. Add the beef stock and the rest of the 500ml red wine, bring to the boil, bubble for 5 minutes, then add the beef with its resting juices, and the herbs and olives. Bring back to the boil, cover with a cartouche and the lid, then cook in the oven for 4 hours until the beef falls apart when pressed with a fork.
Pour the stew into a colander set over a large wide bowl, to separate the sauce from the meat and veg. Put the sauce into a large pan and bubble over a high heat until reduced by half, adding the reserved anchovy fillets. Return the meat and veg to the sauce, taste and adjust the seasoning – you might find it needs a splash of wine and a little salt and pepper.
5. Meanwhile, make the picada. Toast the hazelnuts in a little oil in a frying pan until golden, roughly chop and put in a bowl. Fry the sourdough slices on each side in a generous glug of oil until golden and crisp, then roughly tear and add to the bowl. Add the rest of the picada ingredients to the bowl, season and toss to combine. Sprinkle over the hot beef stew and serve immediately.