

CS Beef Stew

Source: adapted from *pressurecookrecipes* Bob and Robin Young
The Captains Shack 6 April 2021 **PDF:** CS-Beef-Stew.pdf
Prep: 10 min **Cook:** 1 hr 20 min **Total:** 1 hr 30 min **Serves:** 7

Ingredients:

1 c Jasmine Rice
2½ T Butter
2 c Water
2 lbs boneless Chuck Roast cut into 1" pieces
3 T Extra Virgin Olive Oil
2 t Celtic Sea Salt, divided
½ t fresh ground Tellicherry Black Pepper, divided
1 lg Yellow Onion, cut into quarters
5 cloves Garlic, diced
6 med Carrots, cut into 1" diagonals peels on
2 c Beef Stock
1 T Worcestershire Sauce
1 t dried Thyme
2 T Herb de Provence
1 c fresh Lovage leaves, chopped
2 t Cornstarch
2 T Water
1½ c fresh or frozen Corn

Directions:

Rice – Melt the butter in a saucepan. Add the rice and cook until hulls are browned. Add the water and bring to a boil. Cover the rice with a lid and reduce the heat to low. Cook until all liquid is absorbed. Do not stir the rice.

Stew - Turn the Instant Pot to Sauté. Add 1 T of oil and when hot, add half of the beef and 1 t salt and ¼ t pepper. Keep the beef in one layer and cook undisturbed for 4-5 min. Turn and continue to sear, about another 5 min. Transfer to a plate and add 1T oil, salt and pepper. Add the remaining beef and sear. Remove and add to the first plate of beef.

Add 1T of oil and the onion and cook for about 6 min. Add the garlic stirring constantly for about 30 seconds. Add the beef stock and scrape the bits from the bottom of the pot, cleaning the pot. Stir in the carrots, Worcestershire and herbs and the beef.

Close and seal the IP and cook on High pressure for 35 min, then allow the pressure to release naturally for 10 min. Vent to release any remaining pressure and carefully open lid.

Whisk together the cornstarch and water and add to the IP and stir until thickened. Add the corn and stir to warm through. Serve over the Jasmine rice.