

Beef stew in red wine *(Meat main dishes)*



Preparation

Salt some pieces of stewing beef, dice the carrots and onion and add everything to the red wine to marinate for a few hours in the fridge. Drain the beef and vegetables of wine (keeping the wine to one side) and fry for a few minutes in a saucepan, then add the wine marinade once again and cook for 1½ hours over low heat. Serve with polenta.

Tips

Do you want to make a sensational stew in red wine? Don't skimp on the wine - choose one from Piedmont, such as a Barbera.

Trivia

Red wine stew, according to many culinary experts, has its origins in the German gastronomic tradition.

Information

Preparation 120 minutes

Total Time 90 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Beef 500 grams

Red wine 250 millilitres

Onions

Carrots