

ALSO BEST OF BA
P596

CARBONADA A LA CRIOLLA

This is a traditional Argentine stew rarely found in restaurants. For special occasions, offer it in a large hollowed-out baked pumpkin.

8 servings

- 3 tablespoons olive oil
- 2 pounds lean stewing beef, cut into 1-inch cubes
- 4 large tomatoes, peeled, seeded and coarsely chopped
- 2 onions, coarsely chopped
- 1 large green bell pepper, seeded and coarsely chopped
- 2 large garlic cloves, minced
- 2 bay leaves
- 1 teaspoon dried oregano, crumbled
- Salt and freshly ground pepper
- 2 cups chicken stock
- 1 cup dry white wine
- 3 large sweet potatoes, peeled and cut into 1/2-inch cubes
- 3 large boiling potatoes, peeled and cut into 1/2-inch cubes
- 2 ears corn, husked and cut into 1-inch-thick slices
- 2 medium zucchini, cut into 1/2-inch-thick slices
- 2 medium pears, peeled, cored and cut into 1/2-inch cubes
- 2 medium peaches, peeled, pitted and cut into 1/2-inch cubes

Heat oil in heavy Dutch oven over medium-high heat. Add beef in batches (do not crowd) and brown on all sides,

about 10 minutes. Remove from pan, using slotted spoon. Add tomatoes, onions, green pepper and garlic to pan. Reduce heat to medium and cook until vegetables are tender, stirring occasionally, about 10 minutes. Mix in bay leaves, oregano, salt and pepper. Add stock and wine. Bring to boil, scraping up any browned bits. Return beef to pan. Reduce heat, cover and simmer 30 minutes. Add potatoes. Cover and simmer 15 minutes. (Can be prepared 1 day ahead and refrigerated. Reheat over medium heat, stirring occasionally, before continuing.) Add corn and zucchini. Cover and cook 10 minutes. Mix in pears and peaches and simmer until vegetables are tender, about 5 minutes. Adjust seasoning.