

Learn more. Do more. Become more.

**LLFW600 – Beginning Cooking: Knife Skills with Winter Beef Stew**

**Eric “Ed” Heath**

**Materials List**

Items needed for this class:

A freshly sharpened Chef’s Knife of 8" or longer (a sharp knife is necessary to reduce risk of injury, and to have the adequate tool for completing the specific cuts), a large pot, a vegetable peeler, a small pot for blanching, a strainer, a wooden spoon or a high temperature spatula (not the kind of spatula used for flipping burgers, rather one that is used to stir), a few spoons (for tasting), a cutting board, and a couple of towels for cleaning. It always helps to have measuring spoons and cups.

Groceries:

1 Lb Diced Beef Chuck/Ribeye/ or Brisket  
2 Cups Red Wine  
2-3 Carrots  
3 Celery Stalks  
7-10 Pearl Onions  
1-2 Russet or Yukon Gold Potatoes  
Beef Stock  
Salt  
2 Bay Leaves  
1 Head Garlic or 4-5 Cloves  
1/4 Cup Tomato Paste  
3 Tablespoons Flour  
1 Bunch Parsley  
1 Tablespoon Thyme  
1-2 Tablespoons Sherry Vinegar