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