Beef, Mushroom and Pearl Barley Pot

3 substantial stew portions · Active 25 min · Total 2 hr

Skills: Intermediate

Ingredients

- 12 oz lean beef chuck, cut into 3/4-inch cubes (340 g)
- 1 tablespoon olive oil (15 ml)
- 8 oz mushrooms, quartered (225 g)
- 1 small onion, diced (100 g)
- 1 large carrot, cut into 1/2-inch pieces (100 g)
- 1 garlic clove, minced
- 1 tablespoon tomato paste (15 g)
- 1/2 cup pearl barley, rinsed (100 g)
- 3 1/2 cups low-sodium beef stock (840 ml)
- 1/2 teaspoon dried thyme
- 1/4 teaspoon fine salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons Worcestershire sauce (10 ml)

Set out

3-quart heavy saucepan or Dutch oven with lid, Wooden spoon, Food thermometer for reheating

Allergens

Barley, Fish. Check labels and substitutions.

Make it

1. Pat beef dry. Heat oil in the pot over medium-high and brown the beef in two batches for about 3 minutes per batch. Transfer to a plate.

2. Add mushrooms and onion and cook for 7–8 minutes until browned in places. Add carrot, garlic and tomato paste and stir for 1 minute.

3. Return beef and juices to the pot. Add barley, stock, thyme, salt, black pepper and Worcestershire sauce. Bring to a simmer.

4. Cover partly and simmer very gently for 75–95 minutes, stirring occasionally, until beef is fork-tender and barley is cooked. Add small amounts of hot water if needed.

5. Uncover for a few minutes if the broth is too thin. Serve immediately or cool promptly in individual shallow containers.

Make the long cook useful

Portion the stew before refrigerating so only one meal needs reheating. A shallow box cools more efficiently and fits around other food; avoid putting a deep, still-hot pot directly into a crowded small fridge.

A useful detail

Cut beef pieces evenly. A few large cubes can still be tough when the smaller pieces are ready.

Keep it well

Refrigerate in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days, or freeze for up to 2 months. Reheat to 165°F/74°C with a little water; preheat any food flask before filling.