

## *Pumpkin Apple Beef Stew*



**2 TBS. Fennel Seeds Freshly Crushed**  
**½ – 1 Cup Flour**  
**Fine Sea Salt & Freshly Ground Pepper**  
**Fresh Rosemary Finely Chopped**  
**2 LBS. Beef Cubes**  
**Olive Oil**

**Calvados or Apple Brandy to Deglaze Pan**  
**¼ Cup Apple Cider Vinegar**  
**2 Cups Apple Cider**  
**2-4 Cups Beef Stock**  
**½ Small Pumpkin, Cubed**  
**1 Parsnip, Cubed**  
**1 Granny Smith Apple, Chopped**

**Serves 6**

- 1. Crush fennel seeds with mortar & pestle, and combine with salt, pepper, rosemary, and flour in plastic bag and shake. Add beef cubes and shake bag to ensure all cubes are evenly coated. (Reserve left over flour mixture if needed to thicken the stew during cooking.)**
- 2. Warm the stew pot over medium heat, when heated through, add the olive oil and allow it to heat before adding the beef cubes. The oil should sizzle when a bit of flour is tossed in.**
- 3. In small batches, brown the beef cubes, removing them as they are browned and reserving them and the liquid until all the cubes are brown. (Do not crowd the pan, the beef will be steamed rather than browned and will become tough and chewy.)**
- 4. Remove all the beef and deglaze the pan with the Calvados or apple brandy and apple cider vinegar. Loosen the brown bits from the bottom of the pan. Add apple cider and beef stock. Bring to a simmer.**
- 5. When the liquid is simmering, add the beef and bring back to a simmer. Lower heat. Allow liquid to reduce and thicken. If the liquid is not thick enough, add a bit of the leftover flour, but just a bit at a time as the flour will thicken the sauce quickly under the influence of the heat.**
- 6. Add pumpkin and parsnip cubes, and cook for ½ an hour to an hour, allowing the liquid to further reduce and thicken.**
- 7. Add apple and cook for ½ hour. The sauce should be dark and glossy.**
- 8. Serve with crusty bread and hard cider.**