

Historic Cooking

EPIISODE 1

BEEF STEW

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Medieval



15TH CENTURY ENGLISH BEEF STEW

ORIGINAL RECIPE SOURCE: HARLEIAN MS. 279, AB. 1420 A.D (FROM TWO FIFTEENTH-CENTURY COOKERYBOOKS)
<https://bit.ly/HCbeefystywyd>

BEEF-Y-STYWYD ORIGINAL RECIPE

Take fayre beef of the rybbys of the fore quarterys, an smyte in fayre pecys, an wasche the beef in-to a fayre potte; than take the water that the beef was sothin yn, an strayne it thorw a straynowr, an sethe the same water and beef in a potte, an let them boyle to-gederys;
Than take canel, clowes, maces, graynys of parise, quibibes, and oynons y-mynced, perceli, an sawge, an caste ther-to, an let hem boyle to-gederys;
An than take a lof of brede, an stepe it with brothe an venegre, an than draw it thorw a straynoure, and let it be styll;
An whan it is nere y-now, caste the lycour ther-to, but nowt to moche, an than let boyle onys, an cast safroun ther-to a quantyte;
Than take salt an venegre, and cast ther-to, an loke that it be poynaunt y-now, and serue forth.



INGREDIENTS

1 1/2 lbs	Beef	3 slices	Bread
1/2 tsp	Cinnamon	1/4 cup	Vinegar
1/4 tsp	Clove	1 pinch	Saffron
1/4 tsp	Mace	1/2 tsp	Salt
1/4 tsp	Grains of Paradise		
1/4 tsp	Cubebs		
1 large	Onion (Minced)		
1/2 tbsp	Parsley		
1/2 tsp	Sage		

1. Pre-heat the oven to 180°C.
2. Cut the Beef into 1" cubes and remove any excess fat.
3. Add some water to a large, heavy bottom pan and bring to a boil.
4. Carefully add the meat to the boiling water.
5. Roughly chop one large onion and place into the pot.
6. Roughly chop parsley and sage, then add to the pot.
7. Ready all spices and add them to the pot.
8. Place the lid on while leaving a small gap for steam evaporation.
9. Place into the oven for about 2 hours.

Meanwhile

10. Get 3 slices of bread and tear them into small pieces.
11. Pour the vinegar over the bread and make sure it soaks up all the vinegar by mixing through with your hand.

After approximately 2 hours

12. Take the stew out of the oven and carefully add the bread vinegar mix to your stew.
13. Add a pinch of saffron.
14. Give it a good mix and place back into the oven for another 20 minutes.
15. Once reduced, take the stew out of the oven and serve with a slice of bread.

TOM'S MODERN ENGLISH BEEF STEW

This recipe was created by Thomas Adkins using simple ingredients to create a delicious hearty stew.





INGREDIENTS

Beef stew

500g	Beef Brisket
3	Shallots
2 medium	Carrots
1	Celery
2 cloves	Garlic
2 leaves	Bay Leaves
500ml	Stout
1 sprig	Sage
5 dashes	Worcestershire

sauce

3 tbsp	Flour
	Salt & Pepper
	Oliver Oil
	Water

Dumplings

125g	Plain Flour
1 tsp	Baking Powder
1 tbsp	Beef Suet
	Salt
	Water

THE BEEF STEW

1. Pre-heat the oven to 180°C.
2. Trim off some of the fat from the brisket.
3. Cut the beef into 1" cubes.
4. Get your casserole or large heavy bottom pan and put onto medium high heat hob.

5. Add a little olive oil into the pan and start searing your meat in batches. Do not overcrowd the pan.
6. Place into a large bowl and continue searing the rest of the meat.
7. Once all the meat is out of the way coat it with a couple of tbsp of flour.
8. Take your pan off the heat and let it cool down slightly.
9. In the meantime, get your shallots, carrots, celery & garlic.
10. Take the outer layer of the shallots off, peel the carrots. Take the ends off the celery and wash it & take the ends off the garlic, give it a tap with the side of your knife and remove the outer layer
11. Chop the shallots, carrots & celery into similar size chunks.
12. Once the pan has cooled down, place it on a medium low heat and add a splash of oil.
13. Add the shallots and cook them for 2 minutes.
14. Add the garlic, carrots & celery to the pot and cook for 2-5 minutes.
15. Add a small amount of stout to the pan and, using a wooden spoon, scrape some of the flavour from the bottom left from searing the beef.
16. Then pour the rest of the stout into the pan.
17. Add 3-4 dashes of worcestershire sauce.
18. Add your seared beef into the pan.
19. Season with salt & pepper, then sage and bay leaves.
20. Make sure everything is covered in water and then bring to a boil.
21. Once the stew is boiling, put the lid on and leave a little gap to let some of the steam escape. Then place in the oven
22. Cook for 2 hours.

Tom's Top Tip

Searing the meat means cooking it on a medium high heat to get some colour on the sides of the meat. Turn the meat over once it has browned on one side. You can easily lift the meat off the pan once it has seared, but leave it for another 30 second to a minute if it sticks to the bottom of the pan.

DUMPLINGS

23. In a large bowl combine the flour, baking powder, suet & salt.
24. Give it a little mix to combine and add a little water and mix (1 tbsp at a time).
25. If the dough looks to dry add more water, if it seems too wet add some flour.
26. Keep adding water until the dough comes together, then tip onto a clean work top and knead the dough for 2-5 mins.
27. Divide the dough into 8 pieces and roll them into balls.
28. Place onto a plate or baking tray with some cling film on top and let them rest.
29. After 2 hours take the stew out the oven and remove the lid.
30. Carefully place the dumplings into the pan and make sure there is plenty of space for them to grow, as they should double in size.
31. Place the lid back on and return to the oven for another 20 minutes.
32. Bon Appetit!