KENTUCKY BURGOO

INGREDIENTS

3 lbs beef stew meat, cubed

1 tsp each: thyme, sage, garlic, oregano

3-4 Tbsp vegetable oil

7 oz can tomato purée + 12 oz can diced tomatoes

2 lbs okra, sliced (fresh or frozen)

1 cup each: sherry, red wine

1 cup each: diced celery, onion

3 lbs potatoes, diced

2 pkgs frozen mixed vegetables

1 Tbsp each: beef base, chicken base

1 tsp Worcestershire

Salt, pepper; cornstarch slurry to thicken

METHOD

1. Brown the stew meat in the oil with the herbs and garlic.
2. Add everything else, mix well, and cover with water.
3. Boil, then simmer about 3 hours, until the meat is tender.
4. Adjust seasoning; thicken with a cornstarch slurry if needed.

Serves 10-12

AT THE TABLE A Cabernet

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