

The image shows three pumpkins that have been hollowed out and filled with a hearty stew. The stew contains chunks of meat, mushrooms, and carrots. A fresh green parsley leaf is placed on top of the central pumpkin. The pumpkins are arranged on a metal wire rack. The background is a plain, light-colored surface.

KURTZ ORCHARDS

well flavoured

Cabernet Mushroom Stew

KURTZ ORCHARDS

well flavoured

Cabernet Mushroom Stew

flavoured with Kurtz Cabernet Mushroom Tapenade

Ingredients

4 lb (1.81 kg) chuck roast, cut into 1-inch cubes
4 tbsp (60 mL) olive oil
2 small onions, diced
2 carrots, peeled and diced
2 potatoes, peeled and cubed
3 garlic cloves, minced
2 tbsp (30 mL) **Kurtz Cabernet Mushroom Tapenade**
1 lb (.45 kg) cremini mushrooms, sliced
3 tablespoons (45 mL) Dijon mustard
1 bay leaf
1 1/2 cups (375 mL) beef broth
1/4 cup (60 mL) finely chopped fresh flat-leaf parsley
sea salt and freshly ground black pepper

Method

Season the beef generously with salt and pepper. In a deep ovenproof pot, heat half the olive oil over medium heat. Working in batches, sear the beef until well browned,

8 to 10 minutes per batch. Transfer to a bowl.

Reduce the heat to medium and warm remaining olive oil in the pan. Add the onions, carrots and potatoes and cook stirring occasionally until softened, about 10 minutes. Add the garlic and **Kurtz Cabernet Mushroom Tapenade** and cook for 1 minute. Add the mushrooms and sauté until lightly browned, 10 to 12 minutes. Stir in the mustard, bay leaf and broth. Season generously and bring to a simmer. Cover and transfer to a preheated 350F (160C) oven and cook for approximately 3 hours. When ready to serve, discard the bay leaf. Stir in the parsley and serve immediately.

The Kurtz family focus on offering uniquely made farm to table food solutions and introduce customers to an abundance of rich, authentic country flavours from the ground up; jam, jelly, spreads, butters, sauces, dips and dressings of guaranteed origin and quality.

Visit the website for more recipes.

www.kurtzorchards.com

Kurtz Orchards Farm and Gourmet Marketplace

16006 Niagara River Parkway, P O Box 457
Niagara-on-the-Lake, ON, CANADA, L0S 1J0, 905-468-2937

Kurtz Culinary Food Shops

- 38-40 Queen St, P O Box 457, Niagara-on-the-Lake, ON, CANADA, L0S 1J0 905-468-3815
- Bayview Village, 2901 Bayview Ave, Toronto, ON, CANADA, M2K 1E6, 416-250-1811
- South-east corner of Ocean Ave and San Carlos, Carmel-by-the-Sea, CA, USA 93921, 831-625-5267