



ChefNorway's

Norwegian Brown Stew

Servings	Preparation Time	-	Cooking Time	-
4+ People	20 minutes	-	10+60 minutes	-

Norway has lots of different stews. I think it comes from Norwegians being fragile and using leftovers from last week meals. Norwegian brown stew is the one we would make if we had beef leftover and some extra root vegetables. Potatoes, carrots and onions are the basics but you can add almost any root. Locally now rutabaga and parsley root has its season in Norway and I added in that!



Ingredients

European Measurements	US Measurements
800g beef	2 lb. beef
600g potatoes	20 oz. potatoes
½ onion	½ onion
300g carrots	10 oz. carrots
300g rutabaga	10 oz. rutabaga
1 leek	1 leek
1 parsley root	1 parsley root
1 tsp. pepper mix	1 tsp. pepper mix
1 tsp. salt	1 tsp. salt
5 dl. cups beef broth	2.5 cups beef broth
1dl. heavy cream	½ cup heavy cream

Directions

- Dice the meat. I like to cut off the big chunks of fat but that's totally up to you.
- Melt butter and add in the meat when butter turns brown in color
- Season the meat with salt and pepper. (I use a pepper-mix when seasoning)
- Add fried meat to a large pot and add in broth. Slowly bring to a boil.
- Dice and chop vegetables and add into the pot.
- Leave stew to boil for at least 60 minutes. Use medium low heat when stew is cooking.
- Try not to stir too much but check on it to avoid stew getting burned.
- Serve when stew is done and you are ready to eat. Norwegians eat it with "flat bread" or dark bread.
- I add a little "lime salt" on top. Regular sea salt would do as well.

You could find out more about this recipe and a video on how to make it at <http://www.chefnorway.com>.

