



Brown Stew

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 have its season in Norway, and I added in that!

Servings: 4 servings

Preparation time: 20 minutes

Cooking time: 60 minutes

Total time: 75 minutes

Baking Temperature:

175o Celcius

345o Fahrenheit

Measurements

800g beef

600g potatoes

1/2 onion

300g carrots

300g rutabaga

1 leek

1 parsley root

1 tsp. salt

1 tsp. pepper

5 dl beef broth

1 dl. 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.
- ☞ 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 the stew is cooking.
- ☞ Try not to stir too much but check on it to avoid stew getting burned.
- ☞ Serve when the stew is done, and you are ready to eat. Norwegians eat it with "flatbread" or dark bread.
- ☞ I add a little "lime salt" on top. Regular sea salt would do as well.

