

## **Beef (Kreas) Stifado**

2 lbs. beef chuck, cut into 1" pieces (or packaged stew meat)  
3/4 cup flour  
2-3 Tbsp. olive oil, divided  
1 lb. cipolini onions, peeled (I use frozen, which are already peeled)  
3 cloves garlic, minced  
2 Tbsp. tomato paste  
2/3 cup red wine  
2 cups beef broth or water  
1 cinnamon stick  
4-5 whole cloves, or allspice berries  
2 bay leaves  
3/4 tsp. cumin

Combine the flour with a big pinch of salt and some freshly ground pepper in a resealable bag. Add the beef, in batches if necessary, and shake to coat.

In a Dutch oven, heat 1 Tbsp. oil over medium heat. Once hot, shake the excess flour off the beef and place some in a single layer in the hot oil, without overcrowding. Brown on one side and then flip and brown on the other. Remove with tongs or a slotted spoon. Add another Tbsp. of oil to the pan and continue with the remaining 1-2 batches of beef.

Once the beef has been browned and removed, add the onions and garlic and cook for about 1-2 minutes. Stir in the tomato paste and cook another minute. Add the wine and scrape up any browned bits. Cook until slightly reduced, 2 minutes. Add the broth or water, cinnamon stick, cloves, bay leaves, cumin, and salt and pepper to taste. Bring to a boil and then add the beef back in. Reduce to a low simmer, cover, and cook until beef is very tender, 2-3 hours. Season to taste, if necessary.