



JAMAICAN

Jamaican Stew Beef

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min + 1 hr marinating	2 hr 15 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 2 tsp salt
- 1 tsp black pepper
- 1 tbsp all-purpose seasoning
- 1 tbsp browning sauce (or dark soy sauce)
- 3 spring onions, chopped
- 4 sprigs fresh thyme
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 6 allspice berries (pimento)
- 2 tbsp vegetable oil
- 1 tbsp brown sugar
- 1 onion, chopped
- 2 tbsp tomato ketchup
- 500 ml (2 cups) water
- 2 carrots, sliced
- 1 whole scotch bonnet pepper (or habanero; do not pierce)
- 400 g (14 oz) potatoes, cubed (optional)

Steps

1. Season the beef with the salt, pepper, all-purpose seasoning, browning sauce, spring onions, thyme, garlic, ginger and allspice. Cover and marinate in the fridge for at least 1 hour, or overnight.
2. Heat the oil in a heavy pot over medium heat. Add the sugar and let it melt and bubble for 1 to 2 minutes until dark amber.
3. Scrape the marinade off the beef, then add the meat to the caramel and cook over medium-high heat for 10 minutes, turning, until well browned.
4. Add the chopped onion and the marinade solids and cook for 3 minutes. Stir in the ketchup.
5. Pour in the water and add the scotch bonnet whole. Bring to a bubble, cover, and stew over low heat for 1½ hours.
6. Add the carrots and potatoes and cook for 30 minutes, uncovered if the gravy is thin, until the beef is tender.
7. Fish out the scotch bonnet and thyme stems and taste for salt. The gravy should be dark, glossy and slightly thick.

Notes

- **Heat:** leaving the pepper whole gives fruit and warmth, not fire; burst it only if you like heat.
- **Make ahead:** marinate overnight for the best flavour. The stew keeps 3 to 4 days in the fridge and freezes for 3 months; reheat until steaming hot.
- **Slow cooker:** do steps 2 to 4 in a pan, then cook on low for 8 hours or high for 4 to 5 with 250 ml (1 cup) water. Add the potatoes for the last 2 hours.

- **Chef's touch:** mash a few potato cubes against the pot at the end. Their starch gives the gravy its glossy body.
- **Pair with:** rice and peas and fried plantain.
- **Twist:** add a drained can of butter beans for the last 15 minutes, as in many Jamaican home versions, for a heartier pot.