

Moroccan Beef Stew – from Canadian Living Christmas Cookbook

3 lbs.	chuck steak	1.5 kg
1/3 cup	all-purpose flour	75 ml
3 tbsp	vegetable oil	50 ml
1	large onion, chopped	1
3	cloves garlic, minced	3
3	large carrots, chopped	3
1	can (19 oz./540 ml) tomatoes, drained and chopped	1
1 tsp	each ground coriander and cumin	5 ml
¾ tsp	ginger	4 ml
½ tsp	turmeric	2 ml
½ tsp	each salt & pepper	2 ml
¼ tsp	cinnamon	1 ml
2 cups	beef stock	500 ml
2 tbsp	liquid honey	25 ml
3	cinnamon sticks	3
1 cup	each dried apricots and pitted prunes	250 ml
	chopped fresh parsley - garnish	

Cut beef into 1-inch (2.5cm) cubes; toss with ¼ cup (50 ml) flour.

In Dutch oven, heat half the oil over medium heat; brown beef, in batches, and adding remaining oil as necessary. Remove to bowl and set aside.

To pan add onion, garlic and carrots; cook stirring for 3 minutes or until softened. Stir in tomatoes, coriander, cumin, ginger, turmeric, salt, pepper and cinnamon; cook, stirring for 30 seconds. Stir in remaining flour; Stir in stock, honey and cinnamon sticks, bring to boil.

Return meat and accumulated juices to pan; reduce heat, cover and simmer for 2½-3 hours or until meat is just tender; Add apricots and prunes; simmer, partially covered for 35-45 minutes more (until fruit is tender).

Stew can be cooled, covered and refrigerated for up to 2 days or frozen for up to 2 weeks. Heat over low heat, adding up to ½ cup (50 ml) additional beef stock if necessary.