

Beef Stew with Orange and Cranberries

- by Healing Family Eats

As with [this stew](#), the sauce all hangs on your good, quality broth. If it's beautifully gelatinous, you will be rewarded with a wonderful coating consistency without the need for a thickener. My preferred method by far!

(serves 4)

1 kg boneless grass fed beef chuck steak, cut into 1 + 1/2 inch cubes
1 tbsp solid fat (I like duck fat)
1 large onion, thinly sliced
1 tsp cinnamon (I use [this one](#))
zest and juice of 2 large navel oranges
2 + 1/2 cups good gelatinous beef broth
1 tbsp maple syrup (I use [this one](#)) *
1 large bay leaf (I use [this one](#))
1/2 tsp salt (I use [this one](#))
1 cup (100g) cranberries, fresh or frozen

Preheat oven to 300°F / 150°C

For tips on successful browning, please refer to [this post](#).

If you buy nicely marbled meat, there should be no need to put fat in the pan before you sear, however feel free to add some solid fat if you think it necessary.

Heat a large heavy based lidded casserole (Dutch oven). Brown the meat in batches (see above), removing with a slotted spoon onto a plate and set to one side. Once the meat is browned and removed, add the tbsp of fat and then the onions to the casserole. Turn the heat right down and sweat for 6-8 minutes or so until translucent. If, at any point, your pan is a little over brown and parched, a tbsp water will help release the sediment, so quickly scrape it off and incorporate into the onions before the moisture is evaporated. When the onions are nice and soft, stir in the cinnamon and cook one minute more. Add the browned meat, together with the remaining ingredients, except the cranberries, and mix well, making sure the meat is covered by the liquid. Turn the heat up to a simmer, put the lid on and place into the oven.

Cook for 2 + 1/2 hours, or until the meat is beautifully tender. Add the cranberries and cook for a further 12-15 minutes. Serve with garlic cauliflower mash.

* GAPS/SCD : Omit maple syrup, or substitute with honey.

