

Swedish Stew (Kalops)

<http://thedomesticman.com/2013/04/16/swedish-stew-kalops/>



2 lbs chuck roast (beef, bison, reindeer), sliced into 1" chunks
1/4 tsp each salt and pepper
2 tbsp ghee or coconut oil
2 yellow onions, diced
2 cloves garlic, diced
1/2 tsp ground allspice (~10 whole berries, ground)
3 bay leaves
4 cups beef broth

4 carrots, peeled and cut into 1" pieces
4 russet potatoes, peeled, cut into 1 1/2" chunks
1 tsp fresh parsley, chopped
pickled beets as accompaniment

To prepare your meat, slice it into 1" chunks, and season it with the little salt and pepper. Preheat your oven to 325 degrees. Warm a dutch oven on medium/high heat with ghee/oil added, about three minutes. Add the roast and brown, in batches (it took me three batches total), being careful not to overcrowd the dutch oven. Should take about six minutes per batch. Remove and set the browned meat aside.

Add the diced onion, and lower the heat to medium – sauté until softened and translucent, about five minutes. Add the garlic and sauté for another minute, then return the meat (and its juices) to the dutch oven. Add the allspice, bay leaves, and stir in enough beef broth to mostly cover the meat, about four cups. Cover the dutch oven and put it in the oven for 1 1/2 hours, or until the meat is soft. After an hour, add the carrots.

While the meat is cooking, peel and slice the potatoes, then put them in a pot with cold water. Bring to a boil, reduce heat to medium and simmer until easily pierced with a fork, about eight minutes. Technically you could do this at any point in the process, but I preferred to do it right before the meat was ready, so they were still warm when I plated everything.

After 1 1/2 hours, remove the meat and carrots and put them somewhere that retains heat (I like to stick them in the microwave). Also remove and discard the bay leaves.

Put the dutch oven on the stove and reduce the liquid on med/high heat, until about half of it has reduced – should take about five minutes. Next, chop up a couple of your cooked potato pieces (I used about half a potato) and add it to the liquid. Lastly, using an immersion blender, blend the liquid/onions/potatoes. Wah-lah! Instant thick stew, without having to use anything silly like flour (which is usually used).

Return the meat and carrots to the stew, and stir in the fresh chopped parsley. Add salt and pepper to taste.

Serve with potatoes and pickled beets.