

**Recipe****Truffled Spicy Stew with Wild Mushrooms****Ingredients**

1 LB beef stew meat  
 1/2 Cup spelt flour (or wheat flour)  
 3 TBS. olive oil  
 1 tsp. chopped garlic  
 1/2 tsp., ea Rosemary, Oregano, Thyme, Red  
 1/2 Cup Red Wine  
 1 Large Onion, diced  
 1 Cup Celery & Carrots, chopped  
 1 Each Turnip & Rutabaga, Diced Large  
 2-3 Cups Stock-meat/veggie/or mushroom  
 8 OZ Wild mushrooms(Chanterelle or bolete)  
 1 TBS. Truffle oil  
 8 OZ Sour Cream

**Category**

Meat

**Servings**

4

**Notes**

Recipe by Steven R. Schmidt,  
 Estacada, Oregon - 2009

**Instructions**

1. cut stew meat into bite size pieces
2. dip stew meat in spelt flour
3. in large skillet, heat olive oil and garlic on med-high heat---cook floured meat until brown
4. reduce heat to low, add spices,  
 1/2 tsp. each of **Rosemary, Oregano, Thyme, Red pepper chips, Chili powder, Curry, Kelp and Sea salt**--cook 5 minutes
5. add wine, stir 1-2 minutes to deglase
6. add vegetables except mushrooms & add stock (use chicken, beef, veggie or mushroom stock) , cover and cook for 45 minutes on low to med-low heat
7. add favorite wild mushrooms, sour cream & truffle oil & stir in, cover & cook no more than 15 minutes
8. Serve in bowls with sliced bread, good red wine (preferably an Oregon Pinot Noir) and toss green salad. Stew can be served with fresh sliced truffles on top.
9. *Bon appétit*