



ADVENTURER'S BRAISED BEEF WITH GINGER + PEAR

Serves 4-6



Equipment:

Firepit with raised grill or stovetop, 12" cast iron skillet, silicone oven mitts, long grilling spatula, baking sheet or 12" cast iron skillet lid.

Ingredients:

3.5 lbs beef stew meat
3 pears, cored and sliced into eighths
1 tablespoon ginger purée
3 cups of room-temperature water
2 beef bouillon cubes
flour
fresh oregano and sage
kosher salt

Instructions:

1. Place your skillet on a grill over a fire and let sit about 2 or 3 minutes to get hot.
2. While the skillet heats, season the beef liberally with kosher salt and roll in a mixing bowl with flour to coat.
3. Pour enough canola oil into the skillet to coat the bottom (about 2 tablespoons). Add the beef with tongs and brown the pieces on all sides.
4. Break the bouillon cubes into pieces and scatter it and the puréed ginger onto the beef.
5. Carefully add the pears then pour in enough water to come up halfway up the meat.
6. Cover the skillet with a baking sheet or cast iron lid and let cook 45 minutes to an hour, until the liquid has cooked mostly off.
7. Remove the skillet from the fire and let cool at least 5 minutes before garnishing with the herbs and serving.