

PALMINA

Goulash alla Triestina (Beef Stew Trieste Style) paired with *Mattia*

Makes 4-6 servings

¼ cup olive oil

2 pounds beef chuck, cut into 2" pieces

2 large onions, thinly sliced

Salt and freshly ground black pepper to taste

½ teaspoon paprika

3 to 4 bay leaves, crumbled

¼ cup red wine vinegar

2 cups dry *Mattia* (or another full-bodied red wine)

2 cups canned imported Italian tomatoes with their juice, put through a strainer or food mill to remove the seeds

1 ½ cups meat broth

1. Heat the oil in a large skillet over high heat. Add the meat and cook, stirring, until it is lightly golden on all sides, 4-5 minutes. Transfer the meat to a plate, reduce the heat to medium and add the onions. Cook and stir until the onions are lightly golden, 4-5 minutes.
2. Return the meat to the skillet and season with salt and pepper. Add the paprika, bay leaves, and vinegar, and stir once or twice. Add the wine and cook, stirring, until it is reduced by half, 6 – 7 minutes.
3. Add the tomatoes and 1 cup of the meat broth and mix well with the other ingredients. Cover the skillet, leaving it slightly askew and reduce the heat to low. Simmer 1 to 1 ½ hours, stirring a few times. If the sauce dries out too much during cooking, add some more meat broth. (At the end of the cooking time, the meat should be so tender that it can be cut with a fork).