



# JAMAICAN BEEF STEW



**Days Before:** Place Tenleytown Meat in refrigerator to defrost for 2-3 days.

Prep Time: **30 minutes**  
Cook Time: **1.5 - 2 hours**

2-4 lb Tenleytown Meat Company roast  
(chuck, rump, shoulder, round)

1 tbsp **olive oil**

kosher **salt** & freshly ground **black pepper**

1 medium **white onion**, finely chopped

4 **carrots**, peeled and cut in chunks

2 **habanero chilies**, seeded and minced

2 medium **cloves garlic**, minced

1/4 cup **rum**, 1 tbsp **red wine vinegar**

2 cups low-sodium **chicken stock**

1/2 tsp **allspice**, 1/4 tsp **cinnamon**

1 tsp **hot pepper sauce**

4 **sprigs fresh thyme**, 2 **bay leaves**

1 tsp **brown sugar**

1 (14.5-oz) can diced **tomatoes**

1 tbsp **soy sauce**

1 1/2 tbsp **steak sauce**

1/2 cup **chopped scallions**

**sour cream** and **cooked rice**

Adjust oven rack to lower-middle position and **preheat** oven to 300 F. Heat **olive oil** in a **Dutch Oven** over high heat until smoking. **Season beef** with **salt** and **pepper**. Add beef to pan and cook without moving until **well-browned** on one side, about **6 minutes**. Stir to loosen meat, and add **onions** and **carrots**. Cook, stirring, for **2 minutes**, reduce heat to medium and add **habaneros**, **garlic**, and **rum**. Bring to a **boil** and simmer for **2 minutes** before adding **chicken broth**, **allspice**, **cinnamon**, **hot pepper sauce**, **thyme**, **bay leaves**, **brown sugar**, **red wine vinegar**, **tomatoes**, **soy sauce**, and **steak sauce**.

Return to a **boil**, **cover** and **transfer to oven**. Continue cooking until meat is tear-apart-tender, about **1 1/2 hours** longer.

When stew is done, remove from oven and discard thyme sprigs and bay leaves. If stew is not thick enough, **reduce** over the stovetop until desired consistency is reached. Season to taste with **salt** and **pepper**. **Garnish** with **green onions** and serve immediately with **rice**. **Sour cream** helps to cut the spice down if desired.

*makes 4-6 servings*

*Thanks to Serious Eats  
for the recipe. Spicy,  
tender, and absolutely  
delicious.*



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