

# Jamaican Beef Stew with Rice

Servings : 4

Amount	Measure	Ingredient - Preparation Method
1	tablespoon	olive oil
2 1/2	pounds	boneless beef stew meat - 1" cubes
		kosher salt and pepper
1	medium	white onion - finely chopped
4		carrots - peeled and cut into chunks
2		habanero chile - seeded and minced
2	cloves	garlic - minced
1/4	cup	rum
2	cups	chicken stock
1/2	teaspoon	allspice
1/4	teaspoon	cinnamon
1	teaspoon	hot pepper sauce
4	sprigs	fresh thyme
2		bay leaf
1	teaspoon	brown sugar
1	tablespoon	red wine vinegar
14 1/2	ounces	fire roasted diced tomatoes
1	tablespoon	soy sauce
1 1/2	tablespoons	steak sauce
1/2	cup	scallion - chopped
2	cups	cooked long grain white rice

Adjust oven rack to lower-middle position and preheat oven to 300. 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 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 1.5 hours more.

When done, remove from oven and discard thyme sprigs and bay leaves. Reduce over stovetop if not thick enough. Season with salt and pepper. Garnish with green onions and serve with rice.