



Reprinted from [*How to Cook Without a Book, Completely Updated and Revised: Recipes and Techniques Every Cook Should Know by Heart*](#). Copyright © 2000, 2018 by Pam Anderson. Photographs by Lauren Volo. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

SHOVE- IT- IN-THE-OVEN STEW

Serves 6 to 8

Onion: 1 large onion or 1 bag (1 pound) frozen pearl onions

6 to 8 garlic cloves, sliced

1 1/2 to 2 pounds Vegetables (*the author suggests any root vegetables, cabbage, cauliflower, cherry tomatoes or mushrooms; apples; bell peppers or squash, among others. Peel, halve, stem, and cut into pieces as necessary*)

2 to 2 1/2 pounds Protein (*the author suggests Poultry, Pork, or Seafood, but also fresh link sausage, chunks of ham, boneless skinless chicken thighs, or firm fish such as cod or salmon cut into large chunks*)

Starch (*the author suggests potatoes, beans, corn or grains*)

1/4 cup olive oil (see Note)

Acid: 2 to 3 tablespoons of vinegar or 1/2 cup reduced wine

Additional Flavorings (optional): (such as dried fruits; olives; sundried tomatoes; capers)

Salt and ground black pepper

Dried Herbs/Spices/Zests

Finishers: fresh herbs, broth (chicken or fish depending on protein), 1/2 cup heavy cream, or 1 tablespoon cornstarch dissolved in 3 tablespoons cold water

1. Adjust the oven rack to the lowest position and heat the oven to 450°F.
2. Scatter the Onion, garlic, Vegetables, Protein (if using pork or chicken), and Starch (if using potatoes) in a large roasting pan. Drizzle with the olive oil and Acid (if using vinegar). Sprinkle generously with salt and pepper, along with the Dried Herbs/Spices/Zests and toss to combine.
3. Place in the oven, uncovered, and stew until all of the ingredients are fully cooked, about 45 minutes. At this point, you can remove the pan from the oven unless you are using seafood as your Protein, or are including beans, hominy, corn, or cooked grains as your Starch. Add those to the pan, return to the oven, and roast until the seafood is just cooked and the dish is warmed through, 8 to 10 minutes longer.
4. Set the pan over 2 burners over medium heat. Stir in the Finishers. If using the reduced wine as your Acid, add it now as well. Taste and adjust the seasonings, including salt and pepper. Serve.



Note: You may find some of your stew combinations could benefit from a little bacon or prosciutto: Figure 4 ounces bacon, cut into small dice, or 2 ounces prosciutto, minced. If using either of them, reduce the oil to 3 tablespoons and add the bacon or prosciutto to the pan at the beginning, along with the protein and vegetables.



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