

# Juniper and Beer Beef Stew

## **INGREDIENTS:**

- 3 lb beef blade or chuck roast
- 2 tbsp olive oil, plus extra as needed
- 1 large onion, diced
- 3-4 carrots, diced
- 2-3 parsnips, diced
- 2 garlic cloves, minced
- 1 tbsp juniper berries, crushed
- 1 tbsp tomato paste
- 1 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 1 tsp kosher salt
- ½ tsp pepper
- 1 x 12 oz beer (light or dark)
- 2 cups beef broth, plus extra as needed
- 3-4 sprigs fresh parsley
- 3-4 sprigs fresh thyme
- 2 bay leaves
- ¼ cup all-purpose flour
- ⅓ cup water, or more beef broth
- ¼ cup chopped fresh parsley

## **STEPS:**

1. Trim the blade roast, removing any large pieces of fat. Cut the beef into inch-sized chunks and pat dry.
2. Heat the olive oil in a dutch oven over medium high heat. Add a few of the beef pieces to the dutch oven being careful not to crowd the pan. Allow to sear until browned on one side. Flip the beef and brown the other side. Remove the beef to a plate and set aside. Repeat until all of the beef is browned, adding a bit more olive oil to the dutch oven if it looks dry.
3. Once all the beef is browned, turn the heat down to medium low. Add the diced onions and sauté for a couple of minutes until they begin to brown. Add the carrots and parsnips and cook for another couple of minutes.
4. When the vegetables have just begun to soften, add the minced garlic, crushed juniper berries, tomato paste, brown sugar, Worcestershire sauce, kosher salt, and pepper. Sauté for another minute until the garlic is fragrant.
5. Turn the heat back up to medium high. Deglaze the pan with the beer, scraping up any bits that have stuck to the bottom of the dutch oven. Return the browned beef to the pot along with any accumulated juices.
6. Tie the parsley, thyme, and bay leaves together with twine to make a bouquet garni. Add to the Dutch oven along with the beef. Top with the beef broth, adding more if needed so the beef pieces are just barely covered.
7. Bring the liquid to a simmer, then cover and turn down to low. Skim off any foam that forms on top. Cook the stew on a very low simmer for 1 1/2 to 2 hours or until very tender.
8. When the beef is very tender, thicken the stew. Skim off any fat from the liquid and bring to a boil. Taste and adjust the seasoning if needed. Mix the flour with water to create a slurry. Add the slurry to the braising liquid and bring to a boil. Cook until the stew is thickened. Stir in the chopped parsley and enjoy!

# Garlic Potatoes With Juniper Berries

## Ingredients:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons dried juniper berries, lightly crushed
- 8 large garlic cloves
- 1 ½ lbs tiny new potatoes

## For serving:

- 1 lemon, juice of, small
- coarse-grain sea salt and black pepper, to taste
- finely chopped fresh oregano
- triangles of toasted whole wheat bread (optional)

## Instructions:

1. Heat the oven to 350°F.
2. Pour the olive oil into a heavy shallow baking dish large enough to hold the potatoes in a single layer.
3. Sprinkle the juniper berries over the oil and place the dish in an oven for a few minutes to warm.
4. Trim off the stem ends of the garlic cloves and rub off any feathery outer skin.
5. Place the potatoes and garlic in the warm dish and roll them in the olive oil to lightly coat.
6. Bake 10 minutes and roll the potatoes and garlic in the olive oil once more.
7. Reduce the oven temperature to 300°F and bake uncovered for 50 minutes or until the potatoes are just tender.
8. Roll the potatoes in the olive oil to coat once more and transfer to a warm platter.
9. Sprinkle with the lemon juice, salt and pepper, and oregano.
10. Serve hot or warm, with toast, if desired.

Source: <https://www.food.com/recipe/garlic-potatoes-with-juniper-berries-423665#recipe>

# Maple-Juniper Roast Pheasant

## Ingredients:

- 2 small pheasants
- 1tbsp course salt
- 2tbsp maple sugar
- 1tsp sumac
- 3tbsp maple vinegar
- 1tsp crushed juniper berries
- 1/4c rendered duck fat or sunflower oil
- 1c fresh cranberries
- ½c corn, turkey or vegetable stock
- 2 griddled apple halves for garnish

## Notes:

- Substitute 2tbsp cider vinegar and 1tbsp maple syrup for the maple vinegar
- Griddled apples: Slice apples in half horizontally, brush with sunflower oil and griddle cut side down on hot griddle until lightly browned, 3-5 minutes.

## Instructions:

1. The day before, rinse the pheasants and pat dry with paper towels.
2. To dry brine, generously season with the salt, maple sugar, and crushed juniper berries.
3. Place on a roasting pan or deep plate in the refrigerator, uncovered overnight.
4. Preheat the oven to 500F.
5. Place the pheasants breast side up in a medium roasting pan.
6. Rub a generous amount of the duck fat under the skin of the birds and over the outside of the skin.
7. Put half of the cranberries into the cavity of the pheasants and spread the rest in the bottom of the pan.
8. Pour the stock and vinegar into the pan.
9. Roast for 15 minutes.
10. Reduce the heat to 350F and baste the pheasants with the pan juices.
11. Continue roasting until the skin is crisp, the juices run clear, and a meat thermometer inserted into the thigh reaches 155F, about 30 to 45 minutes
12. Allow to stand for at least 10 minutes before carving

Source: Sherman, Sean, *The Sioux Chef's Indigenous Kitchen* (University of Minnesota Press, 2017). 97