

# clover food lab



It must be winter because we're making Hearty Vegetable Stew again at Clover!

Some say this is the heartiest stew you'll ever bestow on your tastebuds. (I bet it's even heartier than Kiernan's bean soup, but you'll have to try both and let us know.)

Michelle here, and today I hung out at the Clover kitchen with Victor (one of our amazing prep cooks) and learned to make stew! The difference between a soup and a stew is not entirely defined, but a stew is usually cooked for longer.

A lot of you wrote in asking how to make the best use of a Winter CSAs, what to do with your abundance of root vegetables, or looking for a 7th way to carrot. This stew is a great solution for all three!

We started making this stew at Clover after Ayr got back from a snow-filled trip to Quebec, where there were hearty stews for sale everywhere. We love it because it's an incredible way to celebrate all the carrots, turnips, rutabaga, potatoes, garlic, and other colorful roots coming in from Winter Moon Roots and other farms in Western Mass.

What I saw making stew

## Hearty Vegetable Stew

Serves 4.

- 2 tablespoons oil (olive or neutral)
- 1 onion, diced into 1/4 inch pieces
- 2 celery ribs, sliced into 1/2 inch slices
- 1 large carrot, diced into 1/2 inch chunks
- 1/2 cup sliced cremini mushrooms
- 1/3 teaspoon finely chopped fresh rosemary
- 1 teaspoon fresh parsley, finely chopped
- 3 cups vegetable stock
- 3/4 cup canned crushed tomatoes
- 1/3 cup split peas
- 1/4 cup potatoes (we like red potatoes)
- 1/4 cup rutabaga
- 1/4 cup purple top turnip
- Salt, pepper, sugar, red wine vinegar to taste

1. In a soup pot, heat olive oil over medium heat until shimmering. Add onions and cook, stirring frequently, until caramelized.

2. Add celery, carrot, and mushroom to your onions, and cook over medium heat until soft.

3. Add rosemary, parsley, vegetable stock, crushed tomatoes, and split peas.

4. Bring to a simmer and cook for about 20-30 minutes until peas are soft all the way through and falling apart.

5. Peel and remove the tops and bottoms from the turnips and rutabaga. Dice into 1/2" cubes.

6. Dice potatoes into 1/2" cubes. If you are using red potatoes, you can leave the skin on.

7. Add potatoes, rutabaga and turnips to the stew and cook for 20 minutes, until vegetables are cooked through, but retain a little bit of bite. You're not trying to make a mash, and you want to taste each individual veggie.

8. Taste stew and adjust seasoning to taste with salt, sugar and red wine vinegar. Add a little of each ingredient, then taste. You want a nice balance of acidity, sweetness, and saltiness.

9. Serve with crusty bread or pita.

**Note - we scaled this down for home use, but we haven't tested it in our home kitchens yet, so give us some feedback if you try it out!**



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Clover Food Lab 1075 Cambridge St Cambridge, MA 02139