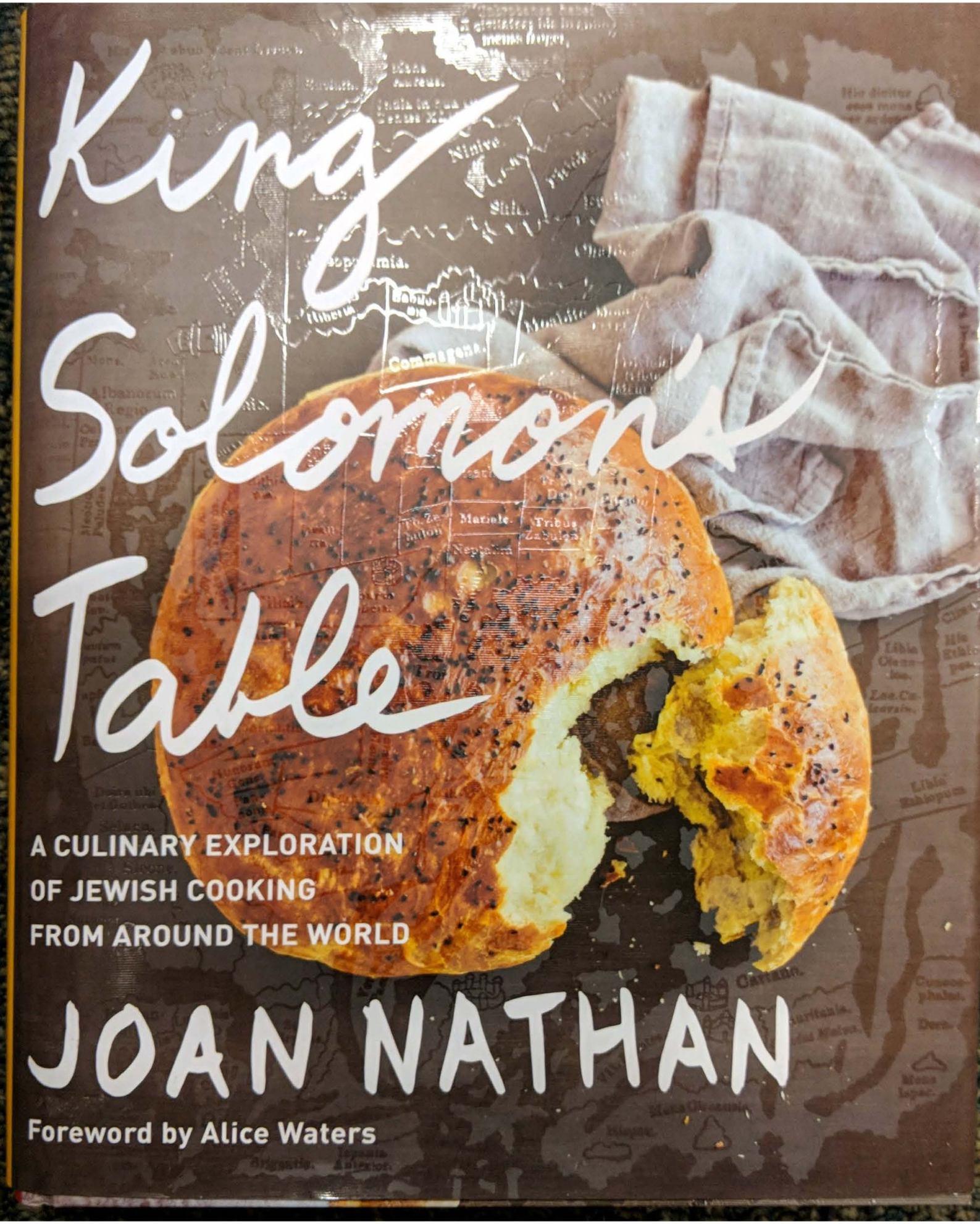

King Solomon's Table
A CULINARY EXPLORATION
OF JEWISH COOKING
FROM AROUND THE WORLD
JOAN NATHAN
Foreword by Alice Waters



Salyanka, Georgian Beef Stew with Red Peppers

As I first bit into this delicious Georgian beef stew, I was intrigued by the fact that, as with many early Jewish recipes I have found around the world, the beef, often a tough inexpensive cut, is first boiled in water until it is almost tender and then layered with flavor from onions, spices, and bright red bell peppers. No browning the meat first for this recipe! After slowly simmering the beef for a few hours, you are rewarded with a melt-in-your-mouth, silky stew—a perfect main dish for Passover or any special occasion throughout the year. And, as they say in Georgia, ღმერთმა შეგარგოთ!—*ghmert`ma shegargos,* or *bon appétit!*

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yield: 6 to 8 servings

2 pounds (907 grams) stewing beef, cut into 1½-inch chunks

2 large red bell peppers (about 1 pound/453 grams), cut into 1-inch squares

10 ounces (280 grams) high-quality canned plum tomatoes (or about 4 fresh plum tomatoes, peeled, crushed with your hands)

2 heaping tablespoons tomato paste

2 large onions, diced (2 cups/200 grams)

5 cloves garlic, minced (2 tablespoons)

Salt and freshly ground pepper to taste

½ teaspoon hot paprika, or to taste

½ teaspoon sweet paprika, or to taste

½ bunch parsley, chopped and divided

1. Put the meat in a Dutch oven or similar heavy pot and cover with about 3 cups (705 ml) water. Bring to a boil, then lower the heat and simmer, uncovered, for 1 hour and 15 minutes or until almost tender, adding more water if necessary. You might have to periodically skim foam that accumulates on the top.
2. Add the red peppers and the tomatoes, stir, and cook uncovered for another 20 minutes.
3. Stir in the tomato paste, onions, and garlic, reduce the heat to low, cover, and cook for another 40 minutes to 1 hour, or until the beef is very tender and almost falling apart.
4. Season with salt, pepper, and hot and sweet paprika to taste and stir in half the parsley. Serve over rice or potatoes, sprinkled with the remaining parsley.

