



BEEF STEW IN A PUMPKIN

1 pound Kinderhook Farm beef top round london broil, cut into 1/2 inch cubes
1 sugar pumpkin or butternut squash, about 5 pounds
1 tablespoon vegetable oil
1 3/4 cups (14 fl oz) beef stock
1 tablespoon butter
3 yellow onions, cut in half and then into slices 1/2 inch thick
3 small parsnips peeled and coarsely chopped
1/2 teaspoon ground cinnamon
1/4 teaspoon freshly grated nutmeg
1/4 cup (2 fl oz) bourbon or other whiskey
2 tablespoons brown sugar
salt and freshly ground pepper

Preheat an oven to 350 degrees.

Cut a 4 inch diameter circle around the stem of the pumpkin or squash and lift it off. Discard the pumpkin top or set it aside to use as a lid. Scoop out and discard the seeds. Line the bottom and sides of a shallow baking pan with aluminum foil and spray it with a vegetable oil cooking spray (or grease with vegetable oil). Place the pumpkin or squash in the baking pan and set aside.

In a 4 quart heavy-bottomed stew pot over medium-high heat, warm the vegetable oil. Add the beef cubes and brown well on all sides, about 5 minutes. Using a slotted spoon, transfer the beef to a dish. Pour the beef stock into the pot and, using a large spoon, deglaze the pot over medium-high heat by stirring to dislodge any browned bits from the pot bottom. Pour the liquid over the beef, then wipe the pot clean.

In the same pot over medium heat, melt the butter. Add the onions and parsnips and sauté, stirring, until the onions are browned lightly, about 15 minutes.

Return the beef and juices to the pot and add the cinnamon, nutmeg and bourbon. Mix well and then spoon the beef mixture into the pumpkin or squash. Sprinkle the brown sugar over the top. Bake until the pumpkin or squash is soft when pierced with a fork and the meat is tender, 2 to 2-1/2 hours. About 45 minutes before the stew is done, place the pumpkin lid, if using, on the baking sheet and bake until tender, about 45 minutes. Season the stew to taste with salt and pepper and top with the pumpkin lid, if using.

Spoon into warmed bowls at the table and serve immediately.

Serves 4

from *Stews*, Williams-Sonoma Kitchen Library