



Early Spring Root Vegetable Stew

Soft tea flavored prunes add a note of sweetness

- 2 cups water
- 6 black tea bags
- 4 ounces pitted prunes, halved
- 2 cups strong, brewed black tea
- 6 tablespoons unsalted butter, divided
- 1-pound baby carrots quartered lengthwise
- 2 small turnips, peeled; cut into 1/2-inch wedges
- Salt and freshly ground pepper to taste
- 1-pound radishes, quarter if large
- 2 cups chicken stock or low-sodium broth
- 3 tablespoons soy sauce or reduced salt soy sauce
- 1-pound trio colored little potatoes, cut into 3/4-inch pieces
- 1/2 cup finely chopped onion
- 1 garlic clove, minced
- 1 large thyme sprig

Garnish: Fresh thyme sprigs as desired

***To prepare tea for recipe:**

Bring 2 cups water to boiling; place 6 black tea bags in water. Cover; remove from heat to seep for 10 minutes. Remove and discard tea bags

In a small saucepan, cover prunes with prepared black tea and bring to a simmer. Remove from the heat, cover and let stand until the prunes are plump, about 1 hour. Drain the prunes and discard the tea.

Melt 4 tablespoons butter in 10-inch skillet. Add the carrots and turnips; season with salt and pepper. Cook over moderate heat, stirring, until heated through about 2 minutes. Add about 1/2 to 3/4 cup water to cover the vegetables by 1 inch; bring to a boil. Simmer over moderate heat until tender about 7 minutes. Drain the vegetables. Set vegetables aside.

In a medium saucepan, cover the radishes with the chicken stock and soy sauce and bring to a boil. Simmer over moderate heat until the radishes are tender about 10 minutes. Drain but reserve the cooking liquid.

In a large enameled cast-iron casserole, melt the remaining 2 tablespoons butter. Add the potatoes and cook over moderate heat, stirring, until tender and golden, about 8 minutes. Add the onion and cook until softened, about 4 minutes. Stir in the garlic and cook until fragrant, 1 minute. Add the prunes, carrots, turnips and the radishes with the reserve cooking liquid; season with salt and pepper. Add thyme sprig; bring to a simmer. Cook over moderately low heat, stirring, until the vegetables are tender. and the liquid is slightly reduced, about 6 minutes. Discard the cooked thyme sprig. Garnish as desired with fresh thyme sprigs. Serve hot stew in small bowls.

Serves: about 4

For More Information:

Recipe Inspired by: [.http://www.foodandwine.com/recipes/baby-root-vegetable-stew-with-black-tea-prunes](http://www.foodandwine.com/recipes/baby-root-vegetable-stew-with-black-tea-prunes)

Background Information: This recipe is a simplified version of a dish David Kinch serves at his restaurant, Manresa, in Los Gatos, California.

Cook's Note: To save time, I prepared the prunes, carrots, turnips, and potatoes ahead of them and placed them in the refrigerator. The next

night, I finished the recipe in an enameled casserole pan, adding the radishes and liquid to the pan. I used about one pound of potatoes, carrots, and radishes. The original recipe used only 3/4 pound. It was so delicious that I wanted to have some leftovers.

About the Recipe: The vegetable stew combines young tender carrots, turnips, and potatoes with black tea–immersed prunes with a flavorful soy sauce broth. The cooked radishes add a beautiful color and delightful flavor. What a collage of flavors!