

Concord Rod and Gun Club Bear Stew

2 pounds bear meat, cut in 1 ½ inch cubes, all fat removed

¼ cup bacon drippings or vegetable oil

Flour

Salt and pepper

1 bay leaf

Pinch dried thyme

3 stalks celery, cut on diagonal

1 small onion, diced

2 cloves garlic, minced

½ cup dry red wine

2/3-cup water

½ cup tomato sauce 1 medium chopped onion

3 medium carrots, slice into rounds

Coat meat in flour seasoned with salt and pepper. Brown meat on high heat with bacon drippings or oil. Add meat and all remaining ingredients to slow cooker on low setting.

Cook about 6 hours then add chopped onion. Sauté' sliced carrots and celery in butter until slightly tender.

Add to pot and cook approximately 2 more hours or until desired tenderness.

Yield: serves 6 to 8

Joe's Secrets: The textbook recipe is above, however, I alter it slightly. I prepare on stove in a large pot and steep (bubbling simmer). I use the cheapest dry wine available (Gallo Cabernet Sauvignon). I also use baby carrots that I boil separately and I steam the celery. Both vegetables I undercook slightly and add them after about 6 hours and stir and then shut stew off. Vegetables will not overcook and still maintain some texture and crispiness.