

HARMONIST STEW

*“Made by members of Harmony Society
at Economy Village circa 1830.”*

flour
5 lbs. beef, cut in 1" squares
fat for browning
2 med. onions, chopped fine
12 cups hot water
3 tbsp. lemon juice
4 tsp. Worcestershire sauce
2 bay leaves
2 tbsp. salt
2 tsp. sugar
1 tsp. pepper
1 tsp. paprika
12 carrots, cubed
12 potatoes, cubed

Spaetzels:

2 eggs
pinch of salt
½ cup flour
water to thin

Flour and brown meat in a little fat in an iron skillet. Add onions to meat and cook briefly. Add meat and onions to a large pot containing hot water and seasonings. Add carrots to mixture. Cook for approximately 2 hours; then add potatoes. Cook for 45 minutes longer. Add spaetzels and cook (covered) for 15 minutes.

Spaetzels: Beat eggs with salt. Add flour (enough to make a thick paste). Stir well. Add water to thin (until it is the consistency of thin pancake batter). Pour mixture through a slotted spoon into bubbling stew. Put lid on pot and cook

15 minutes. Stew goes well with cole slaw and homemade bread.

Preparation: 20 min.

Can do ahead

Serves: 20

Cooking: 3 hours