

Three Sisters Stew with Grouse



4.93 from 14 votes

Use this recipe as a structure, working with ingredients you have. You can vary the meats you use, as well as the varieties of corn, beans and squash, as well as the green element. I use lambsquarters, but anything like spinach would work fine; dandelion greens is a nice alternative.

Prep Time	Cook Time
30 mins	3 hrs

Course: Main Course, Soup Cuisine: American Keyword: grouse, stews

Servings: 8 people Calories: 518kcal Author: Hank Shaw

Ingredients

OPTIONAL GROUSE BROTH

- 2 whole grouse, breasts removed and reserved
- oil to coat birds
- Salt
- 3 bay leaves

STEW

- 3 tablespoons unsalted butter
- 1 large white or yellow onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 cup wheat berries or pearly barley (optional)
- Salt (smoked salt if you have it)
- 2 to 3 cups cooked great northern beans
- 3 cups cubed winter squash
- 2 tablespoons fresh sage, minced
- 3 cups sweet corn
- 1/2 pound lambsquarters or other green (spinach, dandelions, turnip greens, etc.)

- Black pepper, freshly grated cheddar or parmesan and cider vinegar, all to taste

Instructions

1. Regardless of whether you are making broth or not, you will want to roast your birds at 400F until well browned, about 1 hour. Remove the breasts and set aside, and lightly oil the carcasses. Salt well and set in a pan, uncovered, for an hour.

BROTH

1. If you are then making a broth, cover the two roasted carcasses with water by about an inch in a large pot or Dutch oven, and simmer with the bay leaves for up to 4 hours. Strain the broth and pick all the meat off the bones. The roasting and broth-making can all be done up to a few days ahead of time.

STEW

1. In a large pot or Dutch oven, heat the butter over medium-high heat. Add the chopped onion and cook, stirring occasionally, until it begins to brown, about 10 minutes. Add the minced garlic and cook for another minute.
2. Add the wheat or barley and stir well. Cook a minute, then add the tomato paste. Stir well and let all this cook for a few minutes, until the tomato paste darkens a bit.
3. At this point add the broth you made, or 2 quarts of pre-made broth -- chicken, vegetable, grouse, whatever. Also add the shredded meat from the roasted carcasses if you've made broth, or, if you haven't, drop the roasted carcasses into the stew. Simmer until the meat is tender, about 2 hours. Add salt to taste.
4. If you didn't make broth, now is time to remove the meat from the bones. If you did, move to the next step. Either way, this is a good time to dice the breast meat of your birds.
5. Add the squash and minced sage and cook for 30 minutes. Add the cooked beans, corn, greens and the diced breast meat. Simmer all this for 10 minutes.
6. Finish the stew by adding salt, ground black pepper and cider vinegar to taste. Ladle the stew into bowls and grate some cheddar or parmesan over top.

Nutrition

Calories: 518kcal | Carbohydrates: 54g | Protein: 31g | Fat: 22g | Saturated Fat: 7g | Cholesterol: 125mg | Sodium: 119mg | Potassium: 1072mg | Fiber: 11g | Sugar: 6g | Vitamin A: 13185IU | Vitamin

C: 48mg | Calcium: 203mg | Iron: 4mg

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