

Cooking in Antarctica

Serves 6 · 2 hr 30 min · What researchers eat at the bottom



Photo: Midwinter dinner at Scott Base: Federalwafer, CC BY-SA 4.0
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Ingredients

- 2 1/2 lb (1.1 kg) beef chuck, cut in 1 1/2 inch (4 cm) cubes (frozen is fine, thawed)
- 3 tbsp all-purpose flour
- 3 tbsp oil (45 ml)
- 2 onions, chopped
- 3 garlic cloves, minced
- 2 tbsp tomato paste
- 1 can (14 oz / 400 g) chopped tomatoes
- 6 cups beef stock (1.4 liters), from cubes or powder is fine
- 3/4 cup pearl barley (150 g), rinsed
- 1 lb (450 g) carrots, sliced, fresh or frozen
- 1 lb (450 g) potatoes, cubed
- 1 cup frozen peas (about 140 g)
- 2 tsp dried thyme, 2 bay leaves, 1 tbsp Worcestershire sauce
- Salt and black pepper

Method

- 1** Toss the beef with the flour, 1 tsp salt and pepper.
- 2** Heat the oil in a large heavy pot over medium-high heat. Brown the beef in batches, about 5 minutes per batch, and set aside.
- 3** Lower the heat, add the onions and cook 6 minutes until soft. Stir in the garlic and tomato paste for 1 minute.
- 4** Add the canned tomatoes, stock, thyme, bay leaves and Worcestershire, scraping up the browned bits. Return the beef.
- 5** Cover and simmer gently for 1 hour.
- 6** Add the barley, carrots and potatoes. Simmer covered 45 minutes more, stirring now and then, until the barley and beef are tender. Add a little water if it gets too thick.
- 7** Stir in the peas for the last 5 minutes. Season to taste and serve hot with fresh bread.

More on this dish, its history and the full photo credits: <https://intercontinentalchef.com/cooking-in-antarctica/>