

Instant Pot Greek Beef Stifado: The Ultimate Melt-in-Your-Mouth Stew

The Ultimate Comfort: Instant Pot Greek Beef Stifado



TIME
3-4 min

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INGREDIENTS

Beef Chuck (2 lbs): Cut into 1-inch cubes. This is the best cut for pressure cooking as the fat marbles melt into the sauce.

Olive Oil (2 tbsp): For that essential first sear.

Aromatic Base: 1 large chopped onion and 4 minced garlic cloves.

Pearl Onions (1 lb): These are the hallmark of a true Stifado. You can use fresh or frozen (thawed).

The Sauce: 2 tbsp tomato paste and 1 can (14 oz) crushed tomatoes.

The "Secret" Acid: 1/2 cup red wine vinegar. Don't skip this; it provides the signature tang!

Spices: 1/2 tsp ground cinnamon, 1 tsp dried oregano, 1/2 tsp allspice, and 1 bay leaf.

Liquid: 2 cups beef broth.

Seasoning: Salt and black pepper to taste.

Garnish: Fresh parsley.

Swaps and Notes:

The Onions: If you can't find pearl onions, small shallots work beautifully as a substitute. They offer a similar sweetness.

The Vinegar: If you find red wine vinegar too sharp, you can use 1/4 cup vinegar and 1/4 cup of a dry red wine.

Vegetable Additions: While traditional Stifado is meat and onion-centric, you can toss in some carrots if you want more greens in your bowl.

Step-by-Step Instructions:

Sear the Beef: Turn your Instant Pot to SautØ mode. Once hot, add the olive oil. Sear the beef cubes in batches. Do not crowd the pot, or they will steam instead of brown! Remove the browned beef and set it aside on a plate.

SautØ the Onions: Add the chopped onion and pearl onions to the remaining oil and beef drippings. SautØ for 3-4 minutes. Add the garlic for the last minute so it doesn't burn.

Build the Flavor: Stir in the tomato paste, crushed tomatoes, red wine vinegar, cinnamon, oregano, allspice, and the bay leaf. Use a wooden spoon to scrape the bottom of the pot (deglazing) to ensure no bits are stuck-this prevents the "Burn" notice.

Pressure Cook: Return the beef and any accumulated juices to the pot. Pour in the beef broth. Season with salt and pepper.

Seal and Go: Close the lid and set the valve to Sealing. Program the Instant Pot for 35 minutes on High Pressure.

Natural Release: Once the timer goes off, let the pressure release naturally for 10 minutes. This allows the meat to "relax" and stay juicy. Follow with a quick release for any remaining steam.

Final Touch: Discard the bay leaf, stir gently (try not to smash the pearl onions!), and garnish with fresh parsley.

Tips for Success:

The Sear is King: The brown crust on the beef (the Maillard reaction) is where 50% of your flavor comes from. Don't rush this step!

Deglaze Thoroughly: When you add the vinegar and broth, make sure you've scraped every bit of "fond" (the brown bits) off the bottom of the Instant Pot.

The Pearl Onion Trick: If using fresh pearl onions, blanch them in boiling water for 30 seconds to make peeling them a breeze.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 420 kcal

Protein: 32g

Fat: 24g

Carbohydrates: 18g

Fiber: 4g

Storage and Leftover Tips:

Fridge: Store in an airtight container for up to 4 days.

DIRECTIONS

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11. Serving Suggestions and Pairings: This stew is incredibly versatile. For a traditional feel, serve it over a bed of buttery orzo or rice. It's also spectacular over Classic Spaghetti with Homemade Sauce if you want a fusion twist!
12. If you are hosting a dinner party, I highly recommend starting the meal with a Baked Brie Appetizer to keep guests happy while the Instant Pot works its magic.
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18. Storage and Leftover Tips: Like most stews, Greek Beef Stifado actually tastes better the next day once the spices have had time to marry.
19. Fridge: Store in an airtight container for up to 4 days.
20. Freezer: This freezes exceptionally well for up to 3 months. Thaw overnight in the fridge before reheating on the stove.
21. More Recipes You Will Love: If you enjoyed this hearty one-pot meal, you have to try these other Chefmaniac favorites:
22. Mexican : Chicken and Rice Casserole: Perfect for those who love a spicy, one-pan wonder.
23. Cajun : Comfort: Our Gumbo recipe is another deep-flavor classic that satisfies the soul.
24. Final Thoughts: I hope this Instant Pot Greek Beef Stifado becomes a staple in your home just as it has in mine. It's a sophisticated dish that requires very little "active" work, making you look like a gourmet chef any day of the week.
25. Did you try this recipe? I'd love to hear how it turned out! Leave a comment below or tag us on social media with your creations. Don't forget to follow Chefmaniac for more easy, delicious recipes!

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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