

# A Historical Journey of Stewing

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**Abstract:** *A millennium-old culinary tradition, stews are made up of mixtures of solid food ingredients cooked in liquid and frequently served with a rich gravy. Various ingredients, including vegetables, meat (including tougher cuts like beef, hog, venison, rabbit, lamb, poultry, sausages, and shellfish), and flavor-enhancing ingredients like red wine and spices, come together to create these hearty dishes. The combination of slow cooking at a low temperature and flavor-melding makes even the toughest beef slices delicious and soft. Various starches, roux, and flour are examples of thickening methods that produce the desired consistency. Archaeological discoveries and historical evidence point to the earliest human cooking techniques, which include stewing, and which have been practiced by Amazonian tribes for thousands of years.*

**Keywords:** Culinary Tradition, Stew, Slow Cooking, Flavor, Tender Meat

## I. INTRODUCTION

Combinations of solid food components cooked in liquid and eaten with the resulting gravy make up a stew. Any combination of vegetables and meat are acceptable ingredients, especially harder meats like beef, hog, venison, rabbit, lamb, poultry, sausages, and shellfish that are good for slow cooking. Stock is a typical cooking liquid for stews, however water is also a good option. For flavor, a tiny bit of red wine or another type of alcohol is occasionally added. You can also add flavorings and spices. In order to allow the flavors to meld, stews are usually cooked at a low temperature (simmered rather than boiled).

The least tender cuts of beef work well for stewing because the slow, wet heat technique makes the flesh luscious and soft. It is hence well-liked for inexpensive cooking. Lean meat can easily become dry, but cuts with a certain amount of marbling and fluid connective tissue make for moist, flavorful stews.

Stews can be made thicker by reduction or by adding flour, such as when coating meat pieces in flour before searing them or by making a roux, or *beurremanié*, which is a dough made of equal parts flour and fat. You can also use thickeners like arrowroot, potato starch, or cornstarch.

### History

Look through the first cookbook that is known to exist for written documents, or "cookbooks." Recipes for lamb stews and fish stews can be found in "Apicius de re Coquinaria," whose identification is unknown because three Romans with that name lived from the first century BC to the second century AD. The book has survived, and it contains recipes for lamb and fish stews.

(A reprint paperback version of Joseph DommersVehling's "Apicius: Cookery and Dining in Imperial Rome, A Bibliography, Critical Review and Translation of the Ancient Book known as Apicius de re Coquinaria" is available from Dover Publications.)

Taillevent, a French chef who lived from 1310 to 1395 and whose true name was Guillaume Tirel, published "Le Viandier," one of the first French cookbooks that includes a variety of stews or "ragouts."

Going even farther back, there is plenty of proof that ape tribes who lived into the 19th and 20th century were capable of boiling food together, which is basically what a stew is. Tribes in the Amazon utilized turtle shells, cooking the turtle's intestines together with other ingredients. Some cultures boiled food in the shells of huge mollusks, such as clams. Archaeological data suggests that these traditions date back at least 7,000–8,000 years.

Place the meat into the animal's punch, add water, and cook over a bone fire in this manner. Once the meat has been peeled off, the paunch readily holds all of the meat since the bones burn quite nicely. An ox or any other sacrifice animal can be cleverly made to boil itself in this way."

According to some accounts, this was the method used by early humans for some of the first "boiling," possibly as long as 500,000–1,000,000 years ago. Approximately 10,000 years ago, the invention of earthenware simplified cooking, especially stews.(Foodreference, n.d.)

**Objective:**

To know about history of stew

**II. REVIEW OF LITERATURE:**

The social, political, and culinary history of Irish stew is examined in this essay, starting with its earliest variations and ending with its inclusion in a recently released compilation of Irish recipes. The component ingredients are placed in context, and the development of written and oral recipes is monitored within a theoretical framework that places equal emphasis on the social and political environments that persisted as the dish's subsequent recipes gained popularity.(Farrelly, 2021)

This study examines how modern Southern cookbooks employ history and memory to tell stories about the origins of food. The authors contend that these stories are used to demonstrate authenticity and demonstrate that the cuisine is suitable for acting out an authentic Southern identity. Author contend that the decision to tell a story from memory rather than history is a rhetorical tactic, and that arguments for authenticity based on memory may be more persuasive to contemporary Southern audiences who want to revise, resist, or erase the Southern past. Author use narratives of the origins of Brunswick stew as a case study.(Tippen, 2016)

The purpose of this study was to ascertain whether caregivers (n=59) in rural KwaZulu-nataly would accept a composite supplementary meal made with provitamin A-biofortified maize and chicken stew. The results of the secondary evaluation demonstrated that the supplementary foods containing the biofortified maize were as palatable as the control. Regarding the flavor, texture, color, and aroma of the combined complimentary meal made using the two types of biofortified maize, the respondents' opinions were favorable. According to the findings, provitamin A-biofortified corn may eventually take the role of white corn in supplemental feeding.(Ruwaida Amod, 2017)

**III. METHODOLOGY**

Secondary data collection involves gathering information from existing sources like reviewing publications such as books, scholarly articles, journals, and other published works, online database, websites.

**IV. CONCLUSION**

A testament to the continuing power of culinary traditions is the craft of stew-making. With its varied ingredients and lowly beginnings, stews have developed over generations, adjusting to the cooking implements and methods that have come into their own. From the earliest boiling techniques used by humans to the elaborate stews seen in Taillevent's "Le Viandier," this culinary heritage has demonstrated how resourceful humans can be when utilizing what they have on hand.

Stews provide a platform for experimentation and innovation, enabling the blending of tastes and the tenderization of tough meat pieces into luscious morsels. Investigating the past origins of stewing reveals a timeless custom that has fed and consoled innumerable generations. Stews are still a treasured component of our culinary history today, appreciated for their robust, deep, and varied flavors that guarantee this custom will keep us warm in the heart and satiate our palates for many years to come.

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