

Beef and Guinness Casserole

Chef Maura O'Connell Foley

*2 3/4 pounds stew beef,
trimmed and cut into 1-1/2
inch pieces
2 tablespoons plain white
flour, seasoned with sea
salt and cracked black
pepper
1 tablespoon olive or
vegetable oil
4 tablespoons butter
17 1/2 ounces (500 ml)
good quality beef stock
1 tablespoon tomato puree'
4 large onions, sliced
8 ounces celery, roughly
chopped
17 1/2 ounces (500 ml)
Guinness
5 sprigs thyme
1 small bay leaf (for
garnish)
sea salt
cracked black pepper*

Preheat the oven to 340 degrees.

Toss the beef in the seasoned flour to coat, shaking off any excess.

In a large casserole dish, heat the oil and melt three tablespoons of the butter over high heat. Add the beef to the pan and quickly brown in batches. Be careful not to crowd the pan as the beef will stew instead of sear and caramelize. Remove the seared beef to a plate. Reduce the heat to low and add 100 ml (4 ounces) of the beef stock to deglaze, scraping the residue off the base to save the caramelized flavor. Stir in the tomato puree' and then turn the heat off.

In a frying pan, melt the remaining butter over a medium heat. Add the onions and sautee' for 10 minutes or until softened. Tip the onions out of the pan and set aside. To the same pan, add the carrots and celery and saute' for 5 minutes, stirring occasionally. Deglaze this pan with a little of the stock and add to the casserole.

Add the meat, onions, carrots and celery to the casserole dish with the Guinness and remaining stock. Add the thyme sprigs and stir all together to ensure everything is well distributed. Bring the casserole to the boil over a high heat, then cover and braise in the oven for three hours, checking periodically that it's not drying out and adding more stock (or water) if necessary. Check the meat with a skewer or knife to see if it's tender: it should be soft and easily come apart. Season to taste.

Per Serving (excluding unknoc items): 665 Calories; 48g Fat (61.6% calories from fat); 9g Protein; 59g Carbohydrate; 1 Dietary Fiber; 124mg Choles; 669mg Sodium. Exchanges: Grain(Starch); 8 Vegetable; 5 Fat.