

Beef in Beer

Carolee Griffith - Newton, IL

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Servings: 6

*2 1/2 pounds boneless
chuck steak
3 tablespoons oil
4 onions, thinly sliced
1 clove garlic, finely
chopped
3 tablespoons flour
1 teaspoon sugar
1 teaspoon mustard
1 can (12 ounce) beer
1/2 cup beef broth
3 sprigs parsley
1 bay leaf
1/2 teaspoon thyme
1 teaspoon peppercorns
salt
pepper
6 slices French bread
2 tablespoons Dijon
mustard
2 teaspoons butter*

Preparation Time: 15 minutes

Bake Time: 5 hours

Trim the beef and cut into 1-1/2 inch cubes. Dry the beef on paper towels.

In a large skillet, heat the oil until it is very hot. Saute' the beef, a few pieces at a time, until it is lightly browned. Remove the beef when browned.

Saute' the onions and garlic in the same oil for 5 minutes. Stir in the flour and sugar. Add the mustard.

Add the beer and beef broth. Add the parsley, bay leaf, thyme and peppercorns, tied with a string into a cheese cloth bag. Season with salt and pepper, if desired.

Pour the skillet mixture into a 2-1/2 quart casserole. Place the beef into the casserole. Cover and cook in a preheated 350 degree oven for 90 minutes.

Cool and chill in the refrigerator for four hours.

Remove any fat that may have risen to the surface.

To serve: Preheat the oven to 375 degrees. Cut the bread into thick slices and coat one side with mustard. Place the bread, mustard side down, on top of the beef in the casserole. Press the bread down until it is half immersed.. Dot the surface of the bread with butter.

Cook, uncovered, for 20 to 25 minutes until the stew is hot and the bread is crisp and golden brown.

Serve with a tossed green salad.

Per Serving (excluding unknown items): 1407 Calories; 22g Fat (14.6% calories from fat); 44g Protein; 251g Carbohydrate; 17g Dietary Fiber; 3mg Cholesterol; 2978mg Sodium. Exchanges: 15 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.