PW Kitchen



BEEF & STOUT STEW

PW adaptation of *Comfort Cooking* by Janice Price's BEEF & STOUT CASSEROLE

Serves 6–8

INGREDIENTS

3 lbs blade steak, diced*

1/2 cup all-purpose flour*

¼ cup olive oil

2 carrots, chopped

2 onions, sliced

3 garlic cloves, sliced

2 tablespoons tomato paste

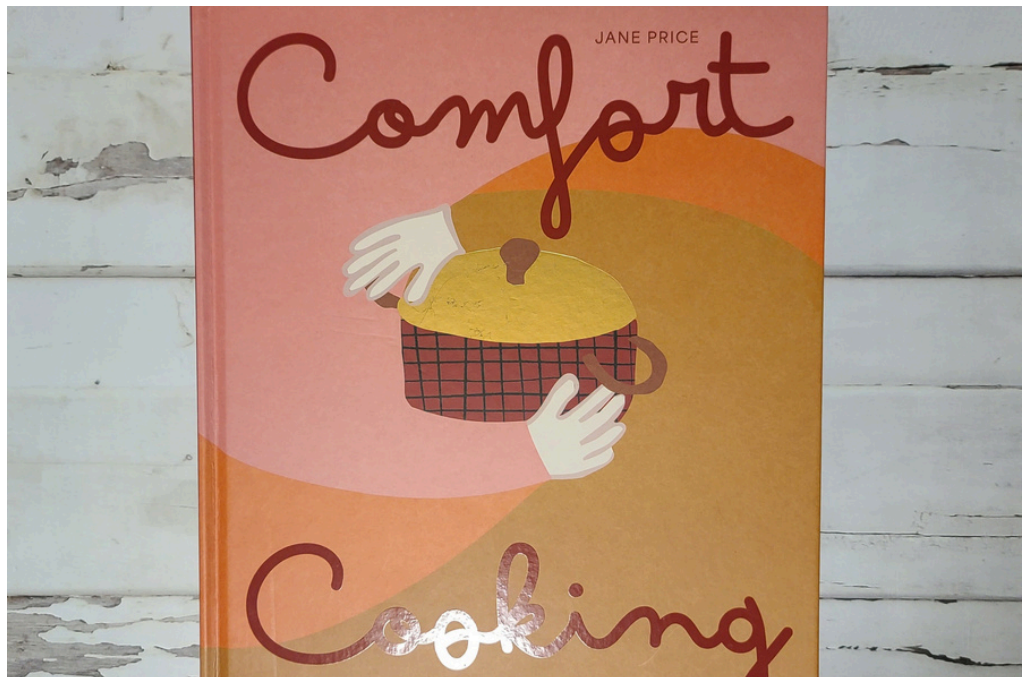
14.9 oz. stout*

2 cups beef stock*

3 tablespoons of Worcestershire Sauce*

2 teaspoons ground black pepper

½ teaspoon sea salt







METHOD

Coat the diced steak in flour, shaking off the excess. Heat olive oil in a large Dutch oven pot over medium-high heat. Brown the beef in batches, then return all the meat and any juices to the pot.

Add the carrot, onion, and garlic, then stir in the tomato paste, stout, beef stock, pepper, and salt. Stir well and bring to the boil.

Cover with a lid, reduce the heat to low, and simmer gently for 1¼ hours, or until the beef is almost tender. Remove the lid and cook, uncovered, for 30 minutes, or until the beef is very tender but still holding its shape and the sauce is slightly thickened.

Best served on top of mashed potatoes or egg noodles.

Sprinkle fresh thyme on top to add an even more unique flavor.

* PW modification to the original recipe. For Janice Price's original Beef & Stout Casserole, see *Comfort Cooking*.

