



IRISH

Irish Beef and Stout Stew

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	25 min	2 hr 45 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 3 tbsp all-purpose flour
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 3 tbsp vegetable oil
- 2 onions, cut into thick wedges
- 3 cloves garlic, chopped
- 2 tbsp tomato paste
- 440 ml (1¾ cups) Irish stout, such as Guinness
- 500 ml (2 cups) beef stock
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 3 sprigs fresh thyme (or 1 tsp dried)
- 4 carrots, cut into 3 cm (1 in) chunks
- 600 g (1½ lb) waxy potatoes, halved
- Chopped parsley, to serve

Steps

1. Pat the beef dry, then toss it with the flour, salt and pepper.
2. Heat 2 tbsp oil in a heavy pot over medium-high heat. Sear the beef in two or three batches until deep brown on two sides, about 5 minutes per batch. Move to a plate.
3. Lower the heat to medium, add the remaining oil and the onions, and cook for 5 minutes. Stir in the garlic and tomato paste for 1 minute.
4. Pour in the stout and deglaze the pot, scraping up the browned bits. Simmer for 2 minutes.
5. Return the beef and its juices. Add the stock, Worcestershire, bay and thyme. Bring to a gentle bubble, cover, and stew on low heat (or in a 160°C (325°F) oven) for 1½ hours.
6. Add the carrots and potatoes, cover, and cook 45 minutes more, until the beef is tender and the potatoes yield to a knife.
7. Taste for salt and pepper, remove the bay leaves and thyme stems, and scatter with parsley.

Notes

- **Make ahead:** it tastes better the next day. Cool within 2 hours, then refrigerate up to 4 days or freeze up to 3 months (the potatoes soften a little). Reheat until steaming hot.
- **Other cuts:** shank or short ribs work well; add 30 minutes.
- **No stout?** Use extra stock plus 1 tsp molasses.
- **Slow cooker:** brown the beef and onions first for depth, then cook everything on low for 8 hours or high for 4 to 5. Use 350 ml (1½ cups) stock; uncover on high for 30 minutes to thicken.
- **Chef's touch:** stir in 1 tsp cider vinegar at the end. A little acid lifts the bitterness that long-cooked stout can pick up.
- **Pair with:** buttered soda bread.