

**Recipe**

Guinness Beef Stew

**Ingredients**

3 & 1/2 lbs. boneless beef chuck, eye roast (See notes below for guidance.) salt & pepper

1/4 cup olive oil

2 onions, diced 1/4 inch

2 Tbl. tomato paste

2 garlic cloves, minced

3 Tbl. All-purpose flour

3 & 1/2 cups beef broth

2 cups Guinness Stout Beer (you'll need 2 cans)

2 Tbl. Worcestershire

1 Tbl. Molasses

1/4 tsp. fresh rosemary, minced

1 tsp. fresh thyme, minced

2 large or 3 small parsnips, peeled and chopped into 1 inch pieces

2 large carrots, peeled and chopped into 1 inch pieces

1 & 1/2 lbs. honey gold baby potatoes or new potatoes

3 Tbl. Italian parsley, chopped

salt & pepper to taste



### **Directions**

- Preparation & cook-time: 3.5 - 4 hours. The preparation is simple and minimal. Most of the time required is for the stew to heat in the oven.
- Adjust oven rack to middle position and preheat oven to 325 degrees.
- First trim any larger amounts of fat off the beef, but don't worry about smaller pieces as they will melt into the stew and add flavor. Then cut into large 1 & 1/2 inch pieces and season with salt and pepper. Set aside and reserve any larger trimmed fat pieces.
- Add olive oil and larger left-over fat pieces, as mentioned, to a 5 qt. Dutch oven or oven-safe stew pot and place over med-high heat.
- Once oils is shimmering and fat has begun to brown, add the diced onions and 1/2 tsp. salt.
- Reduce the heat to med-low and allow the onions to brown, stirring occasionally with a flat-edged wedged spoon (careful not to burn) about 12 minutes.
- Once the onions have caramelized and browned, remove rendered fat pieces and discard.
- Add garlic, tomato paste, Worcestershire and molasses and cook until brown. About 3 minutes (It's okay that some is sticking to the pan. This is a good thing and will help add flavor.
- Add flour and stir into the onion and tomato mixture and keep cooking until a thick paste starts to form. About 1- 2 minutes. The flour will form a roux and will help to thicken the stew later.
- Adjust the heat up to med-high and whisk in in 1 cup of beer (reserve 1 cup for later)



- Whisk in the beef broth, scraping the bottom of the pan with the whisk to remove all the cooked on pieces and bits off the bottom of the pot.
- Bring the liquid to a simmer and allow to thicken some. About 4 minutes.
- Stir in the seasoned beef and bring back to a simmer.
- Carefully place the hot pot into the oven, uncovered on the middle rack and cook for 2 hours.
- Stir the stew once about 45 minutes or half-way through cooking time.
- Stir in the chopped parsnips, carrots and whole potatoes and return the pot to the oven, and cook for 1 more hour, or until carrots and potatoes meet little resistance when a fork is inserted.
- Remove the pot from the oven and stir in 1 more cup of beef and the chopped parsley, and season with more salt and pepper to taste.
- The stew is ready to be serve with a slice of warm Iron Skillet Soda Bread (see recipe on our website) and a wedge of steamed cabbage – though it is plenty hearty on its own. It can be kept on low heat until ready to serve. The Beef Stew is also great to make the day before and reheat the next day.

### ***Chef's Notes***

*One of the nicest things about this stew is that the meat doesn't need to be browned and seared beforehand, and it is all made in one pot. It is important to find the right cut of meat. If you are having trouble finding the "boneless beef chuck eye roast," there is a cut referred to as "boneless beef eye of round" that will also work, but may need 1/2 hour more cook time before the vegetables are added. You can upgrade to beef tenderloin or thick cut of ribeye, but this will of course be more costly. We do*





*not recommend using any package often found at the grocer that claims to be “stew meat” on the label. These packages are usually mixed cuts and tend to be misleading. The Guinness Stout Beer adds a level of flavor and richness that makes this stew like no other, and also makes it perfect for St. Patrick’s Day.*

