



Irish Beef and Guinness Stew



Ingredients:

- 2 TBLS olive oil
- 2.5 lb beef chuck , boneless short rib or any other slow cooking beef (no bone)
- $\frac{3}{4}$ tsp each salt and black pepper
- 3 garlic cloves , minced
- 2 onions , diced (brown, white or yellow)
- 6 oz bacon, or guanciali or pancetta, diced
- 3 TBLS flour (all purpose/plain, Note 3 for GF)
- 14.9 oz Guinness Beer (Note 1)
- 4 TBLS tomato paste
- 3 cups chicken stock/broth (or beef broth - Note 4)
- 3 carrots , peeled and cut into $\frac{1}{2}$ " thick pieces
- 2 large celery stalks , cut into 1" pieces
- 2 bay leaves
- 3 sprigs thyme (or sub with 1 tsp dried thyme leaves)

Method:

1. Cut the beef into 2" chunks. Pat dry then sprinkle with salt and pepper.
2. Heat oil in a heavy based pot over high heat. Add beef in batches and brown well all over. Remove onto plate. Repeat with remaining beef.
3. Lower heat to medium. If the pot is looking dry, add oil.
4. Cook garlic and onion for 3 minutes until softening, then add bacon.
5. Cook until bacon is browned, then stir through carrot and celery.
6. Add flour, and stir for 1 minute to cook off the flour.
7. Add Guinness, chicken broth/stock and tomato paste. Mix well (to ensure flour dissolves well), then add bay leaves and thyme.
8. Return beef into the pot (including any juices). Liquid level should just cover - see video or photos.
9. Cover, lower heat so it is bubbling gently. Cook for 2 hours - the beef should be tender by now. Remove lid then simmer for a further 30 - 45 minutes or until the beef falls apart at a touch, the sauce has reduced and thickened slightly.
10. Skim off fat on surface, if desired. Adjust salt and pepper to taste. Remove bay leaves and thyme.
11. Serve with creamy mashed potatoes!

**Other cooking methods:**

- Oven: Cover and bake for 2 ½ hours at 320F. Remove then cook for a further 30 - 45 minutes to reduce sauce, per recipe.
- Slow Cooker: Reduce chicken broth by 1 cup. After you add the Guinness and broth/stock into the pot, bring to simmer and ensure you scrape the bottom of the pot well. Transfer everything into slow cooker. Add remaining ingredients per recipe. Cook on low for 8 hours. If sauce needs more thickening, simmer with slow cooker lid off (if you have that function), to ladle some of the sauce into a separate saucepan and reduce on stove.
- Flour or slurry: I prefer my stew sauce a bit thick, not watery, so I always add flour to slightly thicken the sauce. Some recipes say to dust beef with flour before browning - I prefer not to use this method because the flour burns then this permeates throughout the whole stew. You can also make a slurry by combining equal parts (2 TBLS each) of cornstarch and water, mixing well, then stir into the gravy
- Beef vs. Chicken Broth: I use chicken broth because the flavor is slightly milder, which lets the Guinness flavor come through more. However, beef broth works just as well and you can definitely still taste the Guinness!