

IRISH BEEF STEW



(It's the addition of Guinness and Red Wine that makes this so rich and special!)

INGREDIENTS

- 2oz olive oil
- 1 1/4 pounds well-marbled chuck beef stew meat, cut into 1-inch pieces (NOT extra-lean)
- 6 large garlic cloves, minced
- 3 pints beef stock (can be made with stock cubes)
- 1/2 pint Guinness beer
- 1 glass of red wine
- 2 tablespoons tomato paste
- 1 tablespoon sugar (or to taste)
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 2 tablespoons butter
- 3 pounds russet potatoes, peeled, cut into 1/2-inch pieces
- 1 large onion, chopped
- 2 peeled carrots cut into 1/2-inch pieces
- Salt and Pepper
- 2 tablespoons chopped fresh parsley

Method

1. Heat olive oil in heavy large pot over medium-high heat. Lightly salt the beef pieces. Working in batches if necessary, add the beef (do not crowd the pan, or the meat will steam and not brown) and cook, without stirring, until nicely browned on one side, then use tongs to turn the pieces over. Continue to cook in this manner until all sides are browned, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock, Guinness, red wine, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.

2. While the meat and stock is simmering, melt butter in another large pot over medium heat. Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes. Set aside until the beef stew in step one has simmered for one hour.

3. Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. Transfer stew to serving bowl. Add salt and pepper to taste. Sprinkle with parsley and serve. (Can be prepared up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before serving.)

Serves 4 to 6.

Fabulous served with crusty bread, Irish Soda Bread (Brown or White) or Creamy mashed potatoes!