

SPOTLIGHT RECIPE



BEEF-AND-GUINNESS STEW

- Season the meat with the salt and pepper. Coat the meat with the flour.
- Heat the oil in a Dutch oven with a lid over medium to high heat. Gradually add the meat to the hot oil and brown on all sides. Do not add too much at a time. Sear in batches. Remove the meat, set side.
- Add the onions, carrots, parsnip and a little more oil, if necessary. Stir the vegetables for a few minutes, then return the meat to the pan.
- Combine the base with the water.
- Add the Guinness Beer to the meat and vegetables. Cook, stirring to scrape the remains from the bottom.
- Add the water/base mixture, potatoes, bay leaves and the thyme and allow to simmer for 2 or 3 hours.
- Remove the thyme and bay leaves. Adjust the seasoning.

Ingredients

Servings: 12

- 4 pounds beef stew meat, diced
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 8 tablespoons all-purpose flour
- 8 tablespoons canola oil
- 2 pounds onions, cubed, 1/2 inch
- 1 pound carrots, diced 1/2 inch
- 1 pound parsnips, diced, 1/2 inch
- 4 ounces beef base
- 1 gallon water
- 1 quart Guinness Beer
- 3 pounds frozen potatoes, diced
- 2 bay leaves
- 4 ounces fresh thyme

Side dishes

- Potatoes
- Cheddar-Cheese-and-Scallion Biscuits

