

## Guinness Irish Stew

Courtesy of Chef John Medall | The Patio



### Ingredients

- 2 pounds stewing beef
- 3 tablespoons oil
- 2 tablespoons flour
- Salt and freshly ground black pepper
- Pinch of cayenne
- 2 large onions, coarsely chopped
- 1 garlic clove, crushed
- 2 tablespoons tomato puree, dissolved in 4 tablespoons water
- 1 1/4 cups Guinness
- 2 cups largely diced carrots
- Sprig of fresh thyme
- Chopped parsley, for garnish

### Directions

1. Using a well-marbled meat such as short rib is best for this application. Trim most of the fat, all the gristle and cut the meat into 2 inch cubes.
2. Coat the meat lightly with oil and aggressively season with salt, pepper and a small amount of cayenne pepper.
3. Start a skillet over high heat with enough oil to coat the bottom and allow the pan get hot enough to where the pan starts to smoke a bit. Toss the seasoned meat in seasoned all-purpose flour to coat and shake off excess.
4. Place meat in the pan carefully not to splash and brown on all sides. Reduce heat and add onions, crushed garlic, tomato and tomato puree, cover and cook for 5 to 6 minutes on low to medium heat.
5. When finished transfer the contents to a casserole dish and pour in half of the Guinness into the skillet to deglaze.
6. Transfer that liquid to the casserole, add the carrots and thyme, cover and place in a pre-heated 300 degree oven until the meat can be crushed with the back of a spoon, about 2 to 3 hours. When done garnish with fresh chopped parsley and crispy fried onions strings.