

Soup/Guinness Beef Stew



From the kitchen of David and Jennifer Deaven

- A: 2 1/2# brisket, shoulder, or other beef cut
- 1 T olive oil
- B: 3 onions, sliced
- C: 2 carrots, peeled and chopped
- 3 ribs celery, chopped
- 1 1/2 red onion, chopped
- 1 2oz mushrooms, sliced
- 4c garlic, minced
- D: 1 can Guinness stout
- 2t rosemary, crushed
- E: 1 1/2C flour
- 2t baking powder
- 1t salt
- 1/2C butter
- F: 2T flour
- Salt & pepper
- G: 1C cheddar cheese, grated (or trotter gear)
- H: 1 egg yolk

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1T water

1. Place (A) in Dutch oven over high heat, and sear both sides of the beef, then remove to a plate.
2. Deglaze Dutch oven with some beer, add (B), cover and sweat over low heat for 25 minutes. Remove lid and cook for 20 minutes more until onions are caramelized.
3. Add (C) to Dutch oven, cover and sweat for 5 minutes. Return beef to Dutch oven, add (D) plus water if needed. Place covered in 300F oven and bake for 3 hours.
4. Combine (E) into dough, wrap tightly in plastic wrap, and refrigerate for at least 60 minutes.
5. Separate beef and vegetables from liquid, skim 2T fat plus (F) into saucepan and whisk to make a roux. Add the remaining cooking liquid, and stir until thick.
6. Pull beef apart into bite-sized shreds, place in crust, along with gravy and (G). Brush with (H) and bake 375F for 45 minutes.

Servings: 6

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