

Carbonnade de Boeuf

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Prep Time ~ 10 mins	Cooking Time ~ 3 hours
Approx Cost ~ £?	Difficulty ~ Easy
Freeze ~ Yes	Serves ~ 6

Tip ~

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Ingredients

1.4kg / 3lb braising steak, trimmed

50g / 2oz beef dripping (or oil if you prefer)

700g / 1 ½ lb onions, peeled, halved and thinly sliced

4 garlic cloves, peeled and crushed

2 tbsp light brown sugar

3 tbsp plain flour

600ml / 1 pint light ale

300ml / ½ pint beef stock

1 bay leaf

2 large fresh thyme sprigs

Salt and pepper

2 tbsp wine or cider vinegar

Chopped parsley to garnish

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Method

- Preheat the oven to 150C / Fan oven 130C / Gas mark 2
- Cut the meat into fairly large chunks, roughly 5cm / 2 inches square.
- Heat the beef dripping or oil in a large heavy based frying pan and brown the meat in batches over a high heat. Transfer to a large casserole, using a slotted spoon.
- Add the onions to the pan and cook gently for 10 minutes, stirring until they begin to soften.
- Add the garlic and sugar, mix well and cook for 10 minutes or until they start to brown and caramelise.
- Stir in the flour, and then gradually add the beer, stirring. Bring to the boil, scraping up any sediment from the bottom of the pan, then pour over the beer in the casserole.
- Add the stock, herbs and plenty of pepper; stir lightly to mix.
- Bring to a simmer, then cover tightly and cook in the oven for approximately 2 hours.
- Stir in the vinegar and cook for a further 30 minutes or until the meat is very tender. Check seasoning.
- Served garnished with the parsley.

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