

## Beef and Guinness Stew

Serves 8

by Rozanne Stevens



Nothing is more Irish than a beef and Guinness casserole, but in the spirit of Irish I had to change it up a bit. Guinness is very bitter, so to balance that I took a cue from Moroccan cuisine and added dried prunes to the recipe. They break down and add to the rich, darkly delicious sauce. Every tagine needs a bit of spice, so I chose the allspice berry for another layer of warm flavour. You can add more root vegetables like parsnips and turnips more extra veggie power.

Sunflower oil, for frying

1.5kg stewing beef in cubes

4tbs plain flour, seasoned well with salt and pepper

1 onion, diced

2tbs butter

2tbs flour, extra

3 large carrots, diced into thick chunks

150g button mushrooms, washed and sliced

1 tin Guinness

500ml good quality beef stock

1 small tin tomato paste/puree

2tsp ground allspice (optional)

8 prunes, finely chopped (optional)

1 small bunch fresh thyme or a bouquet garni  
(can get them as little teabags of dried herbs)

2 bay leaves

### Method:

- Coat the beef well in the seasoned flour. Heat a little oil in a non stick pan and brown the meat in small batches on a high heat, transferring the browned meat to the casserole dish.
- Pour the Guinness' into the pan and allow to bubble up, add the stock, tomato paste and allspice. Stir well and scrape the bottom of the pan. Pour this mixture over the beef.
- In the same pan, melt the butter and gently cook the onion. Sprinkle over the 2 tablespoons of flour and stir well. Add this to the casserole dish and mix well. Add in the thyme, bay leaves, carrots and prunes.
- Cook in the oven for 3 hours at 150°C, stirring every half an hour. Add the mushrooms for the last hour.
- Serve with champ and green beans.