

BEEF AND GUINNESS STEW

This is from the Avoca Cafe Cookbook (<http://www.avoca.ie/home/products/?mid=8&sid=27&pid=185>) written by Hugo Arnold with Leylie Hayes. This is a great cookbook especially paired with the great products of Fiddleheads. Enjoy.

-Deb Hinchey-

3 lb beef brisket, cut into 2 inch cubes; or pre-cut stew beef (see note)

4 tablespoons vegetable oil

2 onions, peeled and chopped

1 heaped teaspoon plain flour

1 pint Guinness

3 carrots peeled and sliced

1 sprig thyme

1 bay leaf

1 garlic cloved, peeled and crushed

In a heavy skillet, stewpot, dutch oven or casserole dish (*Deb's note: I use my cast iron stewpot*), brown the meat in the oil on the stovetop in batches, transferring it to a plate as it is done. Add the onions to the pot and saute for 10 minutes, until they are just coloured. Lower the heat and return the meat to the pot. Add flour and cook, stirring for 2 minutes, then stir in the Guinness along with the carrots, thyme, bayleaf and garlic. Season with salt and pepper and bring to simmering point. Cover the casserole and

transfer to an oven preheated to 275 degree F. Cook for 1 1/2 hours, until meat is very tender.

Note: Four Mile River Farm sells pre-cut stew beef in 1lb packages at Fiddleheads; or try a lean but flavorful cut such as top round, eye of round, sirloin tip; or experiment with FMRF soup shanks or beef ribs. If you can't get a Guinness - or would rather drink it than cook with it - Fiddleheads has regionally-produced porters and stouts, such as Wolaver's Stovepipe Porter. -Janice-