

BEEF CARBONNADE

EQUIPMENT

CHEF'S KNIFE, MIXING BOWLS, LARGE DUTCH OVEN OR CASSEROLE DISH, TONGS, WOODEN SPOON

INGREDIENTS

1KG CHUCK STEAK (CUT INTO LARGE CHUNKS), 12 SHALLOTS (CUT IN HALF), 20-30GM PLAIN FLOUR, 250GM BEEF STOCK, 500GM BEER (STOUT OR DARK ALE), 1 BOUQUET GARNI (THYME, PARSLEY STALKS, BAY LEAVES), 5 GARLIC CLOVES, 3-4 SPRIGS CHOPPED PARSLEY SEA SALT, CRACKED BLACK PEPPER, EXTRA VIRGIN OLIVE OIL

METHOD

PLACE THE DUTCH OVEN OR CASSEROLE DISH ON THE STOVETOP OVER MEDIUM HEAT.

IN A MEDIUM SIZE MIXING BOWL MIX TOGETHER PLAIN FLOUR, SALT AND CRACKED BLACK PEPPER. TOSS THE BEEF IN THE FLOUR UNTIL WELL COATED AND SET ASIDE.

ADD A GENEROUS DRIZZLE OF OLIVE OIL TO THE CASSEROLE DISH AND FRY OFF THE BEEF PIECES IN BATCHES UNTIL GOLDEN BROWN ON ALL SIDES.

ONCE THE BEEF HAS SEALED ADD A LITTLE MORE OIL IF NEEDED AND ADD THE SHALLOTS, COOK UNTIL JUST BEGINNING TO COLOUR THEN ADD ROUGHLY CHOPPED GARLIC AND COOK FOR A FURTHER 1-2 MINUTES.

ADD THE BEER AND BRING THE MIXTURE TO THE BOIL, REDUCE BY 1/3 THEN ADD THE STOCK AND BOUQUET GARNI BRING TO THE BOIL AGAIN THEN ADD THE BEEF.

PLACE THE DISH (UN-COVERED) IN A PRE-HEATED OVEN COMBI SETTING 155°C FOR 2 HOURS

ONCE COOKED REMOVE THE DISH FROM THE OVEN AND SCATTER OVER CHOPPED PARSLEY. SERVE WITH CREAMY MASH OR CHEESY POLENTA

HINTS & TIPS

- THIS DISH ORIGINATED IN BELGIUM, THE HISTORY OF GREAT BEER (ESPECIALLY DARK ALES) IN THAT AREA WAS PROBABLY WHAT INSPIRED THIS DISH.

- THIS IS GREAT ON A COLD WINTERS NIGHT, FOR BEST RESULTS TRY TO FIND A BELGIUM DARK ALE LIKE CHIMAY OR TRAPPISTES ROCHFORD