



MORALEE SLOW COOKED IRISH STOUT BRAISED STEAK

*Featuring beef from Moralee Herefords
Stocksfield, Northumberland*

The Ingredients

- 2 tbsp Olive Oil
- 2.5 lb / 1.25 kg Beef Stewing Steak
- 3/4 tsp each Salt and Black Pepper
- 3 Garlic cloves - *minced*
- 2 Onions, *chopped*
- 180g bacon
- 3 tbsp Plain Flour or Corn Flour
- 440ml Guinness Beer
- 4 tbsp Tomato Paste
- 750 ml Chicken Stock/Broth
- 3 Carrots - *chopped*
- 2 Large Celery Stalks - *chopped*
- 2 Bay Leaves
- 3 Sprigs thyme - or 1 tsp of dried

The Method

- Cut the beef into 5cm/2" chunks. Pat dry then sprinkle with salt and pepper.
- Heat oil in a heavy-based pot over high heat. Add beef in batches and brown well all over. Remove onto a plate. Repeat with remaining beef.
- Lower heat to medium. If the pot is looking dry, add oil. Cook garlic and onion for 3 minutes until softening, then add bacon.
- Cook until bacon is browned, then stir through carrot and celery. Add flour, and stir for 1 minute to cook off the flour.
- Add Guinness, chicken broth/stock and tomato paste. Mix well (to ensure flour dissolves well), add bay leaves and thyme.
- Return beef into the pot (including any juices). Liquid level should just cover - see video or photos.
- Cover, lower heat so it is bubbling gently. Cook for 2 hours - the beef should be pretty tender by now. Remove lid then simmer for a further 30 - 45 minutes or until the beef falls apart at a touch, the sauce has reduced and thickened slightly.
- Skim off fat on surface, if desired. Adjust salt and pepper to taste. Remove bay leaves and thyme.
- Serve with creamy mashed potatoes!