

StoneCutters Beef and Guinness Stew

Serves 4/6 people

2kg Stewing Beef
20mils Vegetable Oil
1 large Spanish Onions

1/2 head of Celery
1/2 kg Carrots peeled and sliced
1/2 kg Shallots peeled
200mils Guinness (this can be adjusted to taste)
1 1/4 desert spoons good quality beef bouillon
1 desert spoon mixed herbs
1/4 desert spoon Fennel Seeds
30mils Worcestershire Sauce
10mils Soy Sauce
Corn flour to thicken
1 litre Water

Trim the fat off and cut the pieces of meat to the desired size. Roughly chop the onions and celery and lightly sweat in a pot over medium heat with the oil and the beef bouillon. At the same time seal the meat in a wok or pan over a high heat until lightly browned on the outside. When the vegetables are slightly softened add the Guinness and the water to the pot and turn up the heat. When the meat is browned add this to the pot, together with the mixed herb, fennel seed, Worcestershire Sauce and Soy sauce. Bring to the boil, lower heat and gently simmer for one to one and a half hours. Next add in the carrots and the shallots, bring back to the boil and simmer again until carrots and shallots are cooked to desired texture – approx 20mins. Mix 2 desert spoonfuls of corn flour with some water in a jug, add about half to the stew and stir in gently. Check the consistency and add the remaining corn flour if desired. Serve with boiled spuds.

You can if you wish cook the potatoes in the stew by adding them about 15mins before the carrots and shallots.

