

Irish Beef Stew

Serves 6

- 4 lbs top blade steaks (a.k.a. Flatiron steaks) or other boneless cut from the chuck or neck, cut into 1-inch cubes
- Kosher Salt and Black Pepper
- Canola oil
- 2 lbs yellow onions, sliced ¼" thick
- 6 Tb flour
- 4 garlic cloves, minced
- 6 cups beef broth
- 1 can Guinness
- 2+ cups hot water
- 12 carrots, peeled and cut into 2-inch pieces
- 6 – 8 russet potatoes, peeled and cut into 2.5-inch cubes
- Minced parsley for garnish

Preheat oven to 300 degrees. In a large Dutch oven, heat some oil over medium-high heat until almost smoking. Dry the meat with paper towels, then season heavily with salt and pepper. Brown the meat on all sides, working in batches to ensure the pan remains hot. Transfer to a platter as you work on the remaining batches.

When all of the meat has been browned, make sure you still have some oil in the pot and turn the heat down to medium-low. Add the onions and some salt. Stir for about a minute to ensure the fond releases from the bottom of the pot. Allow to cook until the onions release some liquid, about 5 minutes. Increase the heat to medium and add the flour and garlic. Cook for about 4 – 5 minutes. Add the beer and beef broth, stirring to combine and making sure to get all of the fond off the bottom of the pot incorporated into the broth. Add the beef (with any liquid that has accumulated). Bring to a simmer, then cover with a parchment lid and transfer to the oven. Cook for 1 hour. Remove the parchment lid and add the carrots and potatoes. Stir to combine. Add more water if required, then re-cover. Cook for another 1 – 1.5 hours, until meat is tender. Can be served immediately or refrigerated for 2 – 3 days and reheated.