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[www.cullensbutchers.com](http://www.cullensbutchers.com)

## **BEEF & GUINNESS STEW**

### **Ingredients:**

2 tbsp butter or olive oil  
3 bay leaves (Cullen's stock the OHCO range of herbs & spices)  
2 LB Stewing Beef cubed  
1 onion, diced  
3 cloves garlic, chopped  
1 tsp thyme  
1 tsp rosemary  
4 tbsp all purpose flour  
Cup beef stock  
1/2 cup Guinness  
3-4 carrots, sliced  
3-4 medium potatoes, cubed  
2 tbsp fresh chopped parsley  
salt & black pepper to taste

### **Preparation:**

Preheat oven to 150 degrees.

In an oven-safe dish heat the oil or butter over medium-high heat on the hob.

Add the bay leaves and cook until fragrant. Then add the onions.

Cook onions just until translucent. Add the stewing beef.

Brown on all sides over a high heat for about 2-3 minutes.

Remove from heat and stir in garlic, rosemary, and thyme.

Add flour and stir until well mixed.

Return to heat and stir in beef stock until smooth.

Add Guinness. Bring to a simmer and allow thicken slightly.

Stir in potatoes, carrots, parsley, and salt & pepper.

Remove from heat, cover, and place in oven.

Cook, covered for about two hours, stirring occasionally.

Serve up in a bowl with lots of hot crusty bread and butter.