

Irish Stew

2 tablespoon vegetable oil

3 pound beef chuck roast, trimmed of fat and cut into 1/2-inch cubes

2 tablespoons all-purpose flour

1 cup coarsely chopped onion

1 cup coarsely chopped carrot

12 oz dark beer, Guinness and/or

1 qt beef broth

2 bay leaves

1 teaspoon dried thyme or 4 whole sprigs of fresh thyme

1 teaspoon salt

1/2 teaspoon ground black pepper

2 cloves garlic, minced

2 tablespoons Worcestershire sauce

Preheat oven to 325 degrees F (165 degrees C).

Heat the vegetable oil in a large Dutch oven over medium-high heat until very hot, and brown the meat in 2 batches, stirring to brown the cubes on all sides. Return all the meat to the Dutch oven, sprinkle with flour, and stir lightly to coat the meat with flour. Stir in onion, carrots, dark beer, bay leaves, thyme, 1 teaspoon salt, 1/2 teaspoon pepper, garlic, and Worcestershire sauce. Bring the mixture to a boil, and cover.

Place the Dutch oven into the preheated oven, and cook for 45 minutes; uncover, stir the stew, and cook until the beef is very tender and the liquid is reduced by half, about 45 more minutes.

Option: Combine all the ingredients, after the beef is browned, in a slow cooker and cook on low for 6-8 hours.

Serve with mashed potatoes, roasted vegetables and Irish soda bread