

Idiot's Kitchen Recipe – Carbonnade, Belgian Beef & Beef Stew

Recipe from www.idiotskitchen.com – Adapted from simplyrecipes.com



Ingredients:

3 – 3 ½ pounds chuck roast, trimmed and cut into 1 inch cubes
2 Tablespoons butter
1 Tablespoon olive oil
4 medium onions, sliced ¼ inch thick
3 Tablespoons flour
¼ cup beef broth
1 (750 ml) bottle Chimay Belgian Ale (Blue Label Reserve preferred), about 1 ½ cups
3-4 sprigs fresh thyme
2 bay leaves
1 pinch (1/8 teaspoon) Allspice
1 Tablespoon Brown Sugar
1 heaping Tablespoon Whole Grain Mustard
Salt & Pepper

Preheat the oven to 300 degrees.

Wipe the outside of the beef dry with a paper towel, trim any excess fat, and cut into 1 inch cubes. Heat 2 Tablespoons butter and 1 Tablespoon olive oil in a large Dutch oven or oven safe pot. Working in small batches, quickly brown the meat over medium high heat, 2-3 minutes per side. Transfer the browned meat to a plate.

If the pot is dry, add an additional Tablespoon of butter or oil, reduce the heat to medium, and add the sliced onions to the pot. Cook the onions over medium heat for 15 minutes, stirring often, until browned, soft, and caramelized. Stir 3 Tablespoons of flour into the onions to make a roux. Cook the flour for 1 -2 minutes then add ¼ cup of beef broth. Stir to create a thick brown sauce. Add 1 (750 ml) bottle of Chimay Ale to the pot and stir to combine.

Return the beef and any accumulated juices to the pot. Season with 3 – 4 sprigs of fresh thyme, 2 bay leaves, a pinch of allspice, and salt & pepper. Cover and cook in a 300 degree oven for 2 -3 hours until the beef is fork tender.

After at least 2 hours, stir the stew and then add 1 Tablespoon brown sugar and 1 heaping Tablespoon grainy mustard. Add more salt & pepper to taste. Return, uncovered, to the oven and cook for an additional 30 minutes.

Serve with mashed potatoes or egg noodles. Makes 6 servings.