

BEEF AND STOUT CASSEROLE

Ingredients

2lbs lean stewing beef

2 tablespoons flour

2 tablespoons Donegal Rapeseed Oil

400g chopped seasonal vegetables

2 garlic cloves, chopped

150ml chicken stock

500ml Irish stout

2 fresh thyme and rosemary leaves

4 smoked rashers, cooked and chopped

Pre heat oven to 170°C.

Brown the beef in a saucepan with a little Donegal Rapeseed Oil over a high heat. Add the vegetables to the pot and cook for 2-3 minutes. Add the flour and mix well scraping up any brown bits from the bottom of the pot and stirring continuously for about 5 minutes.

Slowly add the stout and the stock and bring to a simmer. Then pour into a casserole dish and cover.

Allow to simmer away gently in the oven until the beef is cooked for about 1 ½ - 2 hours. Season by adding the smoked rashers.

Serve with creamy mashed potatoes.

