

Beef and Guinness

Ingredients

450g stewing steak
2 onions sliced
1 tablespoon flour
150ml Guinness
150ml beef stock
400g can tomatoes
2 red peppers sliced
Bouquet garni
500g new potatoes, peeled and cooked



Method

Heat 1 tablespoon of oil in a pan over a medium heat and fry the meat until it has browned. Remove from the pan and put into a casserole dish.

Heat the remaining oil and sauté the onions over a low heat until golden. Add the flour and cook for 1-2 minutes, then gradually stir in the ale, stock and tomatoes and cook until thickened. Add the bouquet garni, red peppers and seasoning to taste then pour into the casserole.

Cook in a pre-heated oven 140°C/Gas 3 for 2 hours.

Remove the bouquet garni, add some cooked new potatoes and heat for another 5 minutes then serve.