

Flemish Beef Stew *'vlaamse stoverij' – 'carbonnada à la flamande'*

Serves 5-6 as main dish.

Beef: chuck-eye roast, top blade steak or chuck

Beer: Copper-colored Belgian ale or Newcastle Brown Ale or O'Doul's Amber or Sam Adams Boston Lager

Onions: Vidalia or yellow

Tomato paste

Garlic

Flour

Beef broth & chicken broth

Carrots

Fresh thyme

Bay leaves

Caraway seeds

Green beans or peas, fresh or frozen

Cider vinegar or red wine vinegar

Fresh parsley

Accompany with:

boiled potatoes, wide egg
noodles or french fries



- 1 Brown beef in dutch oven over medium-high heat in batches. First side 2-3 minutes; second side 5 minutes. Remove beef and set aside.
 - about 1# **beef**, towel-dried & seasoned with salt and pepper, cut in ½" to 1" pieces
 - **oil** as necessary (about 1-2 T)
- 2 Reduce heat to medium-low. Add & cook about 5 minutes, scraping to loosen browned beef bits. Then increase heat to medium & cook 12-15 minutes until onions are lightly brown.
 - 1 T **oil** (canola or similar)
 - 2# **onions** (about 5 medium) halved & sliced ¼" thick
 - 1 T **tomato paste**
 - ½ tsp **salt**
- 3 Add & cook about 30 seconds
 - 2 medium **garlic cloves**, minced
- 4 Stir in & cook 2-3 minutes
 - 3 T **flour**
- 5 Stir in, increase heat to medium-high & bring to full simmer on range top.

Then place in 300° F oven, covered, about 2 hours or until fork inserted in beef has little resistance.

 - reserved **browned beef** with any juices
 - ¾ cup (6 oz) **beef broth**
 - ¾ cup (6 oz) **chicken stock**
 - 12 oz **beer**
 - 2 large **carrots** in 1-inch pieces
 - 4 sprigs fresh **thyme**, tied with twine
 - 2 **bay leaves**
 - 1 tsp **caraway seed**
 - **salt & pepper**

– If **fresh** green beans or peas, add in last 10 minutes
– If **frozen** green beans or peas, stir in, cover, and let stand 5 minutes
- 6 Stir in
 - 1 T **cider vinegar** or **red wine vinegar**

TO SERVE

- Discard **thyme** and **bay leaves**
- Serve over or alongside **boiled potatoes, noodles or french fries**
- Sprinkle servings with chopped **fresh flat-leaf parsley**
- Accompany with good **beer**

