

Beef in Brew

(Carbanades a La Flanamande- Andre's Recipe)

Ingredients:

4 lbs. lean beef (chuck roast), cut in ½ inch slices
2 lbs. onion, thickly sliced
1 cup flour
½ cup cooking oil
6 garlic cloves, crushed
3 tablespoons dark brown sugar
¼ cup red wine vinegar
½ cup chopped onion tops
2 small bay leaves
2 tsp thyme leaves
1 tsp. salt
1 tsp freshly ground pepper
(2) 10 ½ oz. cans beef broth (2 ½ cups)
(2) 12 oz. cans beer (3 cups)

Instructions:

Cut the beef into bite sized pieces, dredge them in flour in a paper bag or zip lock bag. Brown them a few at a time in skillet with hot oil and put them into a large bowl for later.

Add onions and garlic to oil in the same pot that you browned the meat in, and brown onion and garlic lightly, adding a little oil if necessary. Then add brown sugar, vinegar (save 2 tablespoons for later), onion tops, bay leaves, thyme, salt and pepper. Stir.

Pour in broth, and heat over low flame, stirring to loosen all browned bits. Put meat in. Add the beer, cover and cook on low for 2 hours . Stir in the remaining 2 tablespoons of vinegar. Cook over medium heat till bubbly.

Drop in dumpling batter by teaspoon on top of hot stew, cover, reduce heat and cook for 15 minutes. Do not uncover for 15 minutes.

Dumplings:

1 cup flour
½ teaspoon salt
1 ¼ teaspoon baking powder
1 egg
¼ to ½ cup milk
May add parsley or onion tops.

Drop by the teaspoon into stew or broth. Do not uncover for 15 minutes.

Makes about 15 dumplings.