

Beef in Brew

(Carbanades a La Flanamande- Aunt Koddy'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 parsley (Bugga used 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:

Pre-heat oven to 325°. Cut the beef into bite sized pieces, dredge them in flour in a paper bag. Brown them a few at a time in skillet with hot oil and put them into a large oven proof casserole or pot, or a deep 6-8 quart pot.

Add onions and garlic to oil in skillet and brown them lightly, adding a little oil if necessary. (Bugga did not brown onions and garlic). Put them in the casserole, then add sugar, 2 tablespoons of the vinegar, parsley (or onion tops), bay leaves, thyme, salt and pepper. Stir. Pour off any oil remaining in the skillet.

Put broth in skillet, and heat over low flame, stirring to loosen all browned bits. Pour over meat mixture in casserole. Add the beer to casserole, cover and bake for 2 hours at 325°. Take the casserole out of the oven and put on stove top. Stir in the remaining 2 tablespoons of vinegar. Cook over medium heat till bubbly.

Drop in dumpling batter by teaspoon on to 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. Cook 10 minutes un-covered and 10 minutes covered.

Makes 15 dumplings.