

TASTY WESTCOUNTRY BEEF & GUINNESS® STEW

Perfect 1 pot dish for winter entertaining or easy suppers!

All ingredients available at Johns

Ingredients – serves 6

675g West country braising steak, diced in 2cm cubes

2-3 tbs olive oil

Cornish sea salt & freshly ground black pepper

2 heaped tsp plain flour

1 onion, peeled & diced

1 carrot, peeled & diced

4 sticks of celery, diced

1 small handful of fresh herbs (rosemary, thyme, bay leaf)

1 x 500ml bottle of Guinness® or local ale eg Clearwater Brewery's Dark Night

2 x 400g tins chopped tomatoes

Serve with your favourite potatoes & seasonal veg

Cooking instructions

- Heat 2 tbs of olive oil in a large casserole over a medium heat
- Season the beef with salt & pepper then fry your meat until browned on all sides. Remove the meat from the pan and place to one side
- Add 1tbs of olive oil to the casserole & fry the onion for 1 minute
- Add the celery, carrots and herbs. Cook for a further 5 minutes
- Add the beef back into the pan, sprinkle in the flour and stir well, cook for 1 minute
- Pour in your Guinness® and tinned tomatoes then bring to the boil
- Stir well, then simmer for 2-2½ hours or until the meat is tender. The sauce should be smooth and thick with a tasty flavour
- Serve with your favourite cooked potatoes & seasonal veg