

# BEEF IN BEER WITH ONIONS

F EASY

Last Modified: 01/19/2016

PREP: 15 Min  
COOK: 3 Hrs 30 Min  
OVEN: 325

BEEF

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Beef Sirloin Steak	3/8" Sliced
3	Large	Yellow Onions	Sliced
2	Tbsp	Unsalted Butter	
1	Tbsp	Olive Oil	
4	Cloves	Garlic	Chopped
3	Tbsp	All Purpose Flour	
1	Tbsp	Light Brown Sugar	Packed
1 1/2	Cups	Beef Stock (Swanson)	
1	12 Oz	Bottle Dark Beer (Porter Style)	
1	Tbsp	Red Wine Vinegar (Colavita)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

## BOUQUET GARNI

2	6 Inch	Leek Leaves (Upper Dark Leaves Only)	
2	Whole	Dried Bay Leaves	
3	Sprigs	Fresh Thyme	
3	Sprigs	Fresh Parsley	

## PREPARATION

<b>FACTOID</b>	Very dark and flavorful, this dish is wonderful when served with Mashed Potatoes and a slice of Crusty Bread to sop up any of those extra juices.
<b>NOTE</b>	The Beer you want to use is dark, but NOT black. A bottle of Michelob Amber Bock is quite delightful here.
<b>HINTS</b>	Since we are making use of a couple of those "inedible" upper leaves of a Leek for the Bouquet Garni and if you have no immediate use of the remaining "edible" portion of the Leek, you can always chop the lower part of the Leek (whites and light greens) and add them in when sauteing the Onions and Garlic so as not to needlessly waste it.
<b>TOOLS</b>	1) Medium Mixing Bowl 2) Dutch Oven & Lid
<b>PREP</b>	<b>BOUQUET GARNI:</b> (See Picture) In one dark green upper Leek Leaf. Place the Bay Leaves, Thyme and Parsley Sprigs inside it. Close and seal with the remaining Leek Leaf. Tie it up tightly with a piece of kitchen twine and set it aside.
<b>PREP</b>	<b>DISH</b> 1) Cut the Sirloin Steak into strips that are 3/8 inch thick and 3/4 inch wide. Remove and discard any excess fat and silverskin and set them aside. 2) Slice the Yellow Onions and set them aside. 3) Chop the Garlic Cloves and set them aside.
<b>1</b>	Heat the Butter and Olive Oil together in a dutch oven over medium high heat. Working in small batches, brown the Beef Strips on all sides and set them aside. While browning, DO NOT allow the Beef Strips to touch each other.

## BEEF IN BEER WITH ONIONS

<b>FACTOID</b>	Meats will "brown" nicely if not touching each other and will tend to "steam", i.e. Not Brown, if they are crowded in the pan and touching each other.
<b>2</b>	In the dutch oven, fry the Onions until transparent, about 15 minutes, then add in the Garlic for 1 minute. Remove and set it aside. (Check to see if there is still rendered fat in the pan. If not, add a good tablespoon of Unsalted Butter and let it melt.)
<b>3</b>	Add the Flour and Sugar to the dutch oven and cook it for 1 minute while stirring to make a Roux. Gradually whisk in the Beef Stock to deglaze the pan and bring it to a boil. Preheat the oven to 325 degrees. Add the Beer and Vinegar to the boiling Beef Stock, and bring back to a boil, cooking until thickened, about 10 minutes. Remove from the heat.
<b>4</b>	Mix in the Beef Strips. Seasoning with Salt and Pepper. Tuck in the Bouquet Garni. Cover and bake it for 2 1/2 hours, or until the Beef is very tender.
<b>NOTE</b>	If you can wait a day before eating, cool the dish completely when it's out of the oven and refrigerate overnight: the flavor will be even better when you reheat it.
<b>SERVE</b>	Remove and discard the Bouquet Garni and serve while hot.