

# IRISH BEEF & GUINNESS STEW

F EASY

Last Modified: 01/21/2020

PREP: 45 Min  
COOK: 7 Hrs  
STOVETOP

SOUP-STEW

MAKES 10 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Beef Stew Meat (Trimmed)	1" Cubes
1/4	Cup	Vegetable Oil	Divided
1	Cup	All-Purpose Flour	Breading
10	Cloves	Garlic	Minced
1	6 Ounce	Can Tomato Paste (Contadina)	
2	11.5 Oz	Bottle Guinness Stout Beer	
2	Quarts	Beef Stock (Swanson)	As Needed
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
2	Tsp	Dried Marjoram	
4	Medium	Yellow Onions (Peeled)	Quartered
3	Pounds	Baby Carrot Fingers	
8	Stalks	Celery	1/4" Chunks
4	Pounds	Yukon Gold Potatoes	2" Chunks
1	Pound	Pkg Frozen Green Peas	Thawed
1 +/-	Pinch	Sea Salt	To Taste
1 +/-	Pinch	Fresh Ground Black Pepper	To Taste
1/4	Cup	All Purpose Reserved Breading Flour	Thickener

## PREPARATION

<b>FACTOID</b>	I enjoyed this tasty Red Tomato based dish several times while visiting the Emerald Isle. It is "standard" fare in nearly every Pub throughout Ireland.
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Gallon Plastic Storage Bag</li> <li>2) Large Dutch Oven &amp; Lid</li> <li>3) Aluminum Half Sheet Pan &amp; Wire Rack</li> <li>4) Wooden Spoon</li> <li>5) Tongs</li> <li>6) Large Stainless Steel Skillet</li> </ol>
<b>PREP</b>	<b>DISH</b> <ol style="list-style-type: none"> <li>1) Mince the Garlic Cloves and set them aside.</li> <li>2) Slice the Celery into 1/4" long pieces and set it aside.</li> <li>3) Peel the Onions, cut them into quarters and add them on top of the Celery.</li> <li>4) Cut the Potatoes into 2" pieces and set them aside covered with cold water.</li> </ol>
<b>1</b>	Thoroughly mix the Flour, Sea Salt & Ground Black Pepper in the plastic bag. Add in a few Beef cubes and shake to evenly coat on all sides. Arrange the Floured Beef Cubes on a wire rack (not touching) to dry for 10 minutes.
<b>2</b>	In a large Dutch oven over medium high heat, add in 1/2 of the Vegetable Oil and heat until the Oil shimmers. Fry the Beef Cubes a few at a time (NOT touching) until they are well browned on all sides and most of the fat has rendered out. Using the tongs, turn each Beef Cube over and brown the other sides. Place them on the wire rack and set them aside. Repeat until all of the Beef Cubes are browned.

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<b>3</b>	Remove & discard as much excess Oil from the Dutch oven as you can, leaving as much fond in the bottom as possible. Reduce the heat to medium, and add in the Garlic and Tomato Paste. Cook, stirring frequently until you can smell the Garlic, about 3 minutes.
<b>4</b>	Reduce the heat to low, stir in the Beef Stock, Beer, Worcestershire Sauce and Marjoram and bring to a low simmer. Stir in the Beef Cubes, cover and simmer for 1 hour.
<b>5</b>	Meanwhile, in a large skillet over medium heat, add in a couple of tablespoons of Vegetable Oil and heat until the Oil shimmers. Add in the Onions, Carrots and Celery and cook, stirring occasionally, until the Vegetables are Browned, about 10 minutes.
<b>6</b>	Add the cooked Vegetables into the Dutch oven. Drain the Potatoes and add them in. Continue to simmer the Stew partially covered for about 1 hour. Once the Beef is fall-apart tender, taste the Broth and season it with Salt and Pepper to taste.
<b>7</b>	GENTLY stir in the thawed Green Peas, being careful to not break them up. Simmer it uncovered for 10 minutes or until the Stew has thickened to your liking.
<b>8</b>	At this point, for a thicker broth, you may optionally stir in a bit of Corn Starch mixed with an equal amount of water. Continue simmering until the Broth has thickened.
<b>SERVE</b>	Place in a serving bowl and serve while hot with Buttered Crusty Bread slices. This is FANTASTIC when served in a Crusty Sourdough Bread Bowl.