

IRISH BEEF STEW

Last Modified: 01/21/2021

PREP: 45 Min

COOK: 7 Hrs

STOVETOP & SLOW COOKER

F EASY

SOUP-STEW

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Beef Stew Meat (Trimmed)	1" Cubes
2	Cups	All Purpose Flour	Breading
2	Tsp	Sea Salt	
2	Tbsp	Ground Black Pepper	
6	Tbsp	Olive Oil	
2	Tbsp	Salted Butter	
6	Cloves	Garlic	Minced
3	Tbsp	Dry Red Wine (Pinot Noir)	To Taste
1	12 Oz	Bottle Dark Beer (Porter Style - NOT Black)	
2	Tbsp	Beef Base (Superior Touch)	
2	Quarts	Beef Stock (Swanson)	
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
1	Tbsp	Browning & Seasoning Sauce (Kitchen Bouquet)	
1	6 Oz	Can Tomato Paste (Contadina)	
1	Tbsp	Granulated Sugar	
1	Tsp	Sweet Hungarian Paprika	
2	Pounds	Small Baby Carrot Fingers	Whole
3	Stalks	Celery	1/8" Slices
6	Medium	Yellow Onions	Quartered
5	Pounds	Starchy Potatoes (Russet / Idaho)	1" Cubes
1	Pound	Pkg Frozen Green Peas	Thawed
1 +/-	Pinch	Kosher Salt	To Taste
1 +/-	Pinch	Fresh Ground Black Pepper	To Taste
1/4	Cup	All Purpose Reserved Breading Flour	Thickener

PREPARATION

FACTOID	Thick, dark & delicious, served in every Pub in the emerald Isle, Scotland and England. You may freely substitute or add any Root Vegetables you like (Parsnips, Turnips, etc.).
TOOLS	<ol style="list-style-type: none"> 1) 2 - Medium Mixing Bowls 2) Large Non-Stick Frying Pan 3) Aluminum Half Sheet Pan & Wire Rack 4) Wooden Spoon 5) Tongs 6) Large Plastic Bag
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Mince the Garlic Cloves and set them aside. 2) Slice the Celery and set it aside. 3) Peel & Cube the Potatoes and set them aside covered with cold water.

IRISH BEEF STEW

1	In a 5+ quart Slow Cooker on high heat. Stir in the Beef Stock, Red Wine, Beer, Seasoning Sauce, Beef Base, Garlic, Worcestershire Sauce, Tomato Paste, Sugar, Paprika, Salt and Pepper.
2	Thoroughly mix the Flour, Sea Salt & Ground Black Pepper in the plastic bag.
3	Heat the Olive Oil and Butter in the non-stick pan over medium high heat until it shimmers.
4	Place several of the Stew Beef Cubes in the Flour mixture and shake to evenly coat them and set them aside on a wire rack for 10 minutes..
5	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 in a medium mixing bowl with a paper towel in the bottom and set them aside. Repeat until all of the Beef Cubes are browned. Reserve the leftover Breading Flour to use as a thickener.
6	Mix the Beef Cubes, Carrots, Celery and Onions and add them into the crock pot. Cook until the carrots begin to soften, 3 1/2 to 4 hours until the Beef is fall-apart tender. If the liquid level ever gets too low, add more Beef Stock as needed.
7	Turn the slow cooker heat to low. Add in the Potatoes and cook until the Potatoes are just tender, for about 1 hour.
8	At this point, all of the Stew ingredients should be tender. If not, cook for a little longer. Taste the liquid and add in additional Red Wine, Salt and Pepper to your taste.
9	If the Stew is not a consistency to your liking, remove a cup of cooking liquid from the crock pot and stir in some of the leftover breading Flour. Return the Flour mixture a bit at a time back into the pot and stir, cook for about 3 minutes more.
10	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.
SERVE	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.