



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Flemish Beef and Beer Stew (Carbonnade)

Serves 4 - 6

Ingredients

2 lb. beef chuck, cut into 2" x 1/2"-thick slices
Kosher salt and freshly ground black pepper, to taste
1/4 cup flour
4 tbsp. unsalted butter
4 slices bacon, finely chopped
6 cloves garlic, finely chopped
3 medium yellow onions, thinly sliced lengthwise
2 cups Belgian-style ale, like Ommegang Abbey Ale
1 cup beef stock
2 tbsp. dark brown sugar
2 tbsp. apple cider vinegar
3 sprigs thyme
3 sprigs parsley
2 sprigs tarragon
1 bay leaf
Bread, for serving

Instructions:

Season beef with salt and pepper in a bowl; add flour and toss to coat.

Heat 2 tbsp. butter in a 6-qt. Dutch oven over medium-high heat. Working in batches, add beef; cook, turning, until browned, about 8 minutes. Transfer to a plate; set aside.

Add bacon; cook until its fat renders, about 8 minutes.

Add remaining butter, garlic, and onions; cook until caramelized, about 30 minutes.

Add half the beer; cook, scraping bottom of pot, until slightly reduced, about 4 minutes. Return beef to pot with remaining beer, stock, sugar, vinegar, thyme, parsley, tarragon, bay leaf, and salt and pepper; boil.

Reduce heat to medium-low; cook, covered, until beef is tender, about 1 1/2 hours.

Serve with bread.

Credit: saveur.com