

## ***Beef in Guinness***

A flavourful recipe for cold winter nights. It's worth making four times the recipe and freezing in meal lots. Re-heating improves the flavour.

### ***Ingredients***

750g *lean casserole beef steak* (chuck or cross-cut blade)  
3 *tblsp flour*  
1 *tsp dried thyme*  
*salt & pepper to season*  
 $\frac{1}{4}$  *cup oil*  
2 *Carrots, peeled & finely chopped*  
2 *onions, peeled & finely* *chopped*  
125g *mushrooms, halved*  
2 *tblsp tomato paste*  
440ml *Guinness (can)*  
 $\frac{1}{2}$  *cup prunes*

### ***Method***

Cut the beef into 5cm pieces

Mix the flour and thyme together and season with salt & pepper

Toss the meat in flour, shake off any excess

Heat half the oil in a flameproof casserole & when hot, brown the meat over a high heat on all sides. Set aside.

Add the remaining oil to the casserole & stir in the carrots, onions and mushrooms, cooking until vegetables are softened and fragrant

Stir in the tomato paste and cook a further 2-3 minutes

Stir in the Guinness, prunes & meat

Cover & cook at 160°C for 2 hours or until the meat is tender.

Season with salt & pepper before serving with your favourite vegetables.