



# Recipe Preview:



## Beef & Ale Stew

Prep Time	Cooking Time	Serves	Ease of Use
10 Minutes	2 Hours + / Slow Cooker	2 Adults & 2 Children	Easy



### SHOPPING LIST

- 400g \* Stewing Steak
- 1 \* Medium Onion
- ½ Carrot
- ½ Celery Stick
- 2 \* Bay leaves
- 1 \* 500ml Bottle Ale
- 1 \* Rich Beef Stock Pot
- 1 Tbsp (approx. 15g) \* Butter
- 1 Tbsp (approx. 30g) \* Plain Flour

### OPTIONS

You can use Light or Dark Ale, the darker the ale the richer the Casserole will be. Red Wine is another option and the flavour of the wine will impact the flavour of your stew so choose a wine you like!

For a more child friendly stew just use the Stock Pot diluted in 500ml boiling water

Lovely served with Rice, Jacket Potatoes, Mashed Potatoes or New Potatoes with a wide variety of vegetables – Broccoli, Cauliflower, Carrots, Runner Beans, Peas, Sweetcorn, whatever you like really!

If you want an even quicker dinner add your potatoes with the beef!

Freezeable	Batch Friendly
Yes	Yes

This Recipe has been designed by The Farm Cookery School



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Step 1: Prepare the ingredients below

Quantity	Ingredient	Preparation	
1	Onion	Peel and chop finely	Put in a bowl together
½	Carrot	Peel and chop finely	
½	Celery Stick	Chop finely	
½ tbsp.	Rapeseed Oil	Measure into a saucepan	
2	Bay Leaves		
400g	Beef Stewing Steak	Measure	
500ml	Ale	Open	
1	Rich Beef Stock Pot	Open	

Step 2: Put the saucepan with the oil in onto a medium heat

Step 3: Once the oil is hot add the Onion, Carrot and Celery and cook for approximately 5 minutes or until lightly golden, stir occasionally

Step 4: OPTIONAL – if you have time, turn the heat up on the hob and add the Beef, only stir occasionally as the liquid from the Beef needs to cook off before the Beef can fry to brown off

Step 5: Once the Beef has browned (it needs to caramelise rather than just turn brown) tip all of the ingredients in the saucepan into a Slow Cooker and add the Bay Leaves, Stock Pot and Ale. This can be left all day or overnight, try not to stir too much as that can break the chunks of meat

**If you are using a casserole dish instead then put everything in and place it into an oven which has been pre-heated to 160°C and leave to cook for approximately 2 hours, stirring every half hour**

Step 6: Prepare the ingredients below

Quantity	Ingredient	Preparation
1 Tbsp (15g)	Softened Butter	Weigh / Measure
1 Tbsp (30g)	Plain Flour	Weigh / Measure

Step 7: Using a fork, mash the butter and flour together as shown in the picture below until it forms a smooth paste:



Step 8: Add the paste to the casserole a little at a time, stirring to dissolve it and thicken the sauce until you are happy with the taste and thickness of the stew sauce

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