

Flemish Beef Carbonnade

Author: A combination of several recipes.



- 2 slices bacon, minced**
- 3 pounds chuck roast, cut into 1" cubes**
- 3 cloves garlic, minced**
- 3 pounds yellow onions, sliced thinly or chopped**
- 2 teaspoons kosher salt**
- 1 teaspoon freshly ground black pepper**
- 1 tablespoon Worcestershire sauce**
- 1/4 teaspoon freshly ground nutmeg**
- 1 tablespoon dried thyme, crushed**
- 3 tablespoons beef concentrate**
- 20 ounces light beer**
- 1 tablespoon light brown sugar**
- 3 tablespoons flour**
- 3 tablespoons soft butter**
- 1/4 cup Italian parsley, minced**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 494 Calories; 31g Fat (58.3% calories from fat); 30g Protein; 19g Carbohydrate; 3g Dietary Fiber; 108mg Cholesterol; 1019mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

*Carolyn T's
Main Cookbook*

Servings: 8

Description: A Belgian style beef stew cooked in beer

1. Add the minced bacon to a heavy duty lidded pan and render until the bacon is brown. Remove bacon and drain. To the drippings in the pan add the pieces of beef. Do not crowd the pieces as you don't want them to steam, but to brown. Keep the heat moderately hot while you brown the meat. Turn the pieces over at least once and brown one more side before removing to a plate and reserve. Repeat process until you've browned all the meat.
2. If there is no more fat in the pan add a little butter and olive oil as needed. Add the sliced onions and stir and cook until the onions have begun to brown just a bit. Don't burn them. Cook about 5 minutes or so. Add the garlic and cook for an additional 1-2 minutes.
3. Add the salt, pepper, Worcestershire, nutmeg, thyme, beef concentrate, sugar and beer. Bring to a boil, add a lid, turn down heat and simmer for about 2-3 hours. Test the meat occasionally to see if it's tender. Do not overcook it.
PRESSURE COOKER: If using a pressure cooker, for step 3 bring the pot up to pressure and cook for 20 minutes. Remove from heat and allow to cool down gradually. Continue on without using pressure.
4. Mix the soft butter and flour together in a small bowl and drop by small bits into the stew. Turn on the heat and allow to simmer just until the flour/butter mixture has disappeared and stew is thickened. Serve over egg noodles and garnish with a generous amount of Italian parsley.