

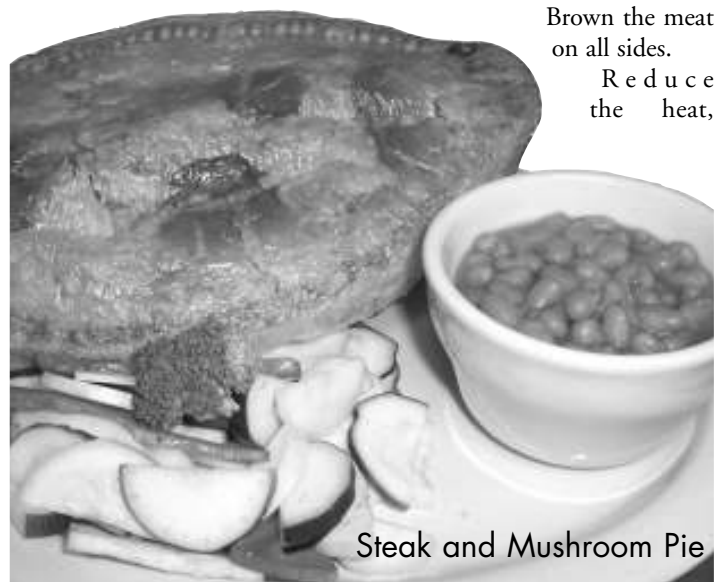


Lochrann's Irish Stew

Lochrann's Irish Stew
 2 pounds stewing beef
 3 tablespoons oil
 2 tablespoons flour
 Salt and freshly ground black pepper
 Pinch of cayenne
 2 large onions, coarsely chopped
 1 garlic clove, crushed
 2 tablespoons tomato puree, dissolved in 4 tablespoons water
 1 1/4 cups Guinness
 2 cups largely diced carrots

Sprig of fresh thyme
 Chopped parsley, for garnish
 Trim the meat of any fat or gristle, and cut into 2-inch cubes.
 Toss beef with 1 tablespoon of the oil.
 In a small bowl, season the flour with salt, pepper, and cayenne.
 Toss meat with seasoned flour.
 Heat remaining 2 tablespoons oil in a large skillet over high heat.

add the onions, crushed garlic and tomato puree to the skillet, cover, and cook gently for 5 minutes.
 Transfer the contents of the skillet to a casserole and pour half of the Guinness into the skillet.
 Bring Guinness to a boil and stir to dissolve the caramelized meat juices on the pan. Pour over the meat, along with the remaining Guinness.
 Add the carrots and thyme. Stir and adjust seasonings.
 Cover the casserole and simmer over low heat or in a 300 degree F oven until the meat is tender, 2 to 3 hours.
 Garnish the beef with parsley and serve.



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