



# TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

## Beef and Ale Stew

Recipe adapted from Jamie's Food Revolution

Makes 4 to 6 servings

2 stalks celery, roughly chopped  
2 medium onions, roughly chopped  
2 carrots, halved lengthwise and roughly chopped  
3 fresh or dried bay leaves  
Olive oil  
1 pound stewing beef (such as chuck), cut into  $\frac{3}{4}$ -inch dice  
1 heaping tablespoon all-purpose flour  
2 cups brown ale, Guinness or stout  
One 14-ounce can diced tomatoes  
Sea salt and freshly ground pepper

1. *If you're using the oven to cook your stew, preheat it to 350°. Place a Dutch oven over medium heat. Place the vegetables, bay leaves and 2 glugs of olive oil into the pot and fry for 10 minutes. Add the meat and flour. Pour in the beer and canned tomatoes. Give the stew a good stir, then season with a teaspoon of sea salt (less if using table salt) and a few grinds of pepper.*
2. *Bring the stew to a boil, cover and either simmer slowly over low heat or cook in the oven for 3 hours. Remove the lid for the final 30 minutes of cooking; add a splash of water if the stew looks a bit dry. When the stew is done, the meat should be tender and delicious. Discard the bay leaves, season with more salt and pepper to taste, then serve.*