



LEGENDARY GUINNESS STEW

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01 Cut beef into 1" cubes, trimming away any excess fat or connective tissue.

02 Season liberally with salt and pepper, then dredge beef in flour, coating evenly and shaking off any excess flour.

03 Heat a Dutch oven on stovetop to medium-high heat. Add oil. Working in small batches (do not crowd the pan), add beef to the pan and brown on all sides. Remove beef once brown, and set on a plate for use later.

04 Leave all of the browned up bits on the bottom of the pan, this is where all flavor comes from.

05 Chop onions and add to the pan. You may need a little more oil. Turn heat down to medium. Add the tomato paste and minced garlic. Cook on medium heat for 2 minutes, stirring constantly, being careful not to burn.

06 Add the entire can of Guinness, and turn the heat to high. Using a wooden spoon, scrape the brown bits from the bottom of the pan, incorporating into the liquid.

07 Add the beef stock, bay leaves, worcestershire, 2 teaspoons of salt, and 1 teaspoon of black pepper.

08 Add the beef to the pot, reduce heat to a simmer, and cook for one hour, stirring occasionally.

09 While the stew is cooking, peel and chop the potatoes, carrots, and parsnips. Finely chop the celery. Add all remaining vegetables to the pot after the beef has been simmering for an hour.

10 Allow the stew to cook for another hour and a half, stirring occasionally. Taste, and adjust seasoning. All the vegetables and beef should be very tender. Serve with crusty French bread and butter.

INGREDIENTS

- 2 lbs **Beef Chuck Roast (Stew Meat)**
- 2 **Yellow Onions**
- 3 **Potatoes**
- 2 **Carrots**
- 1 **Parsnip**
- 2 Ribs **Celery**
- 2 Cups **Beef Stock**
- 1 12oz Can **Guinness**
- 2 Tbsp **Worcestershire**
- 2 Tbsp **Tomato Paste**
- 3 **Bay Leaves**
- 3 **Garlic Cloves**
- 1 Tbsp **Flat Leaf Parsley (Garnish)**
- 2 Tbsp **Cooking Oil**
- **Salt & Pepper (To Taste)**

