

## Carbonnades a la Flamande (Beef and Onions Braised in Beer)

Serve with parsley potatoes or buttered noodles, a green salad, and beer  
Serves 6

- 1.3 kg lean beef
- 2-3 T olive oil
- 680 g onions, sliced (about 4)
- Salt/pepper
- 4 cloves mashed garlic
- 240 ml beef stock
- 475 – 700 ml light beer
- 2 T brown sugar
- 1 large herb bouquet
- 1½ T cornstarch blended with 1T white vinegar
- Parsley potatoes or buttered noodles
- Parsley sprigs



1. Preheat oven to **160°C**.
2. Cut **beef** into slices about 6cm x 10cm x 1.3. Dry on paper towels.
3. Pour **oil** into skillet to coat bottom and heat to almost smoking. Brown beef slices quickly, a few at a time, then set aside.
4. Reduce heat to moderate. Stir **onions** into the oil in the pan, adding more oil if necessary, and brown onions lightly for **about 10 minutes**, stirring frequently. Remove from heat, season with **salt** and **pepper**, and stir in **garlic**.
5. Arrange half the beef in a casserole and season lightly with **salt** and **pepper**. Spread half the onions over the beef. Repeat with the rest of the beef and onions.
6. Heat the **stock** in the browning skillet, scraping up coagulated cooking juices. Pour it over the meat. Add enough **beer** so the meat is barely covered.
7. Stir in the **brown sugar**.
8. Bury the **herb bouquet** among the meat slices.
9. Bring casserole to the simmer on top of the stove. Then cover the casserole and place in preheated oven. Regulate heat so liquid remains at a very **slow simmer for 2½ hours** at the end of which time the meat should be fork tender
10. Remove herb bouquet. Drain the cooking liquid out of the casserole into a saucepan, and skim off fat.
11. Beat the **cornstarch** and **wine vinegar mixture** into the cooking liquid and **simmer for 3-4 minutes**. Carefully correct seasoning. You should have about 2 cups of sauce. Pour the sauce back over the meat. (\*) May be prepared in advance to this point.
12. When ready to serve, cover the casserole and simmer slowly for 4-5 minutes until the meat is thoroughly heated through. Either bring the casserole to the table, or arrange the meat on a hot serving platter, spoon the sauce over it, surround with **potatoes** or **noodles**, and decorate with **parsley**.