

Instant Pot Carbonnade (Beef and Beer Stew)

(Instant Pot)

Serves 4

- 900 g stewing beef (cut into bite-size cubes)
- 2 T vegetable oil (divided)
- 28 g butter (divided)
- 2 large onions (or 3 medium)
- 3 cloves garlic (pressed)
- 1½ tsp kosher salt
- ½ tsp black pepper
- 240 ml beef broth
- 350-500 ml beer
- 2 bay leaves
- ½ tsp dried leaf thyme
- 1 T red wine vinegar
- 1 T brown sugar
- 1 C frozen pearl onions (thawed), or pekorosu (ペコロス) small round onions, peeled*
- 1½ T cornstarch



1. Dry the **beef** and cut it into bite-size pieces (5 cm).
2. Cut the **onions** in half and slice the halves thinly.
3. Choose the **Sauté** function on the Instant Pot and add 1 T of vegetable oil to the pot.
4. When the pot is hot, add the sliced **onions** and **14 g of butter**. Cook, stirring, until the onions are lightly browned.
5. Add the **garlic** and sauté for 1 minute longer. Remove the onions and garlic to a plate and set aside.
6. Add the remaining vegetable **oil** and **butter** to the pot and **adjust the sauté function to high** (more).
7. Add the **beef** and sprinkle with **salt** and **pepper**. Cook the beef cook, stirring, until it is well browned on all sides.
8. Add the **beef broth** and **beer** to the pot and scrape up any browned bits.
9. Add the **onions** back to the pot along with the **bay leaves** and **thyme**.
10. Secure the lid and set the steam release vent to the sealing position. **Pressure cook (high)** and set the time to **35 minutes**.
11. When the time is up, let the steam **release naturally for 10-15 minutes**, and then carefully release the remaining pressure. See your manual for steam release instructions.
12. Switch to the **sauté mode (normal)** and add the thawed **pearl onions**, **vinegar**, and **brown sugar**. Cook, stirring occasionally for **about 3 minutes**.
13. In a small bowl or cup, combine the **cornstarch** with **2 T of water** to make a slurry.
14. Stir the slurry into the beef mixture and continue to cook until the stew is thickened. Taste and adjust the seasoning with salt and pepper.
15. Serve the beef with hot cooked noodles, French fries, or potatoes.

Easy way to peel pearl onions or *pekorsu* onions

1. Bring a large pot of **water** to a boil over high heat.
2. While the water boils, prepare a medium size bowl with **ice water**.
3. When the water is boiling in the pot, put the **onions** into the pot for a very brief amount of time, **about two minutes**. The idea is to get the outer skin hot enough to loosen the skin, but not cook the onion. To ensure you don't leave them in there too long, it is helpful to use a timer.
4. After about two minutes, drain the pot of onions into a colander, and then immediately put them into the bowl of ice water.
5. When the onions are cool enough to touch, take each one and pop it out of its skin.

<https://classic-recipes.com/recipes/instant-pot-carbonnade-beef-and-beer-stew.htm>