Beer Beef Stew

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 kg beef (use any part, but tender is better)
- 1 500ml bottle of Porter beer (or other dark type, such as Stout)
- 5 carrots
- 10 or more small potatoes (with skin)
- 6 medium onions
- 8 garlic cloves
- laurel leaves
- rosemary branches
- thyme branches
- ground coriander
- salt and pepper to taste

Instructions

Thanks for this recipe goes to my cousin's wife! Hearty and warming meal perfect for long and cold winter evenings.
Cut meat into 1 inch cubes. Fry on hot skillet without oil - to seal the juices. Add three quartered onions, leave other three for later. Add a splash of oil (chili-infused EVO works great).
After the meat is all white and onions almost soft transfer all into large deep pan. Add a glass or two of water (remember to wash all the goodness from the skillet into pan). Add coriander, salt and pepper, laurel leaves. Bring to a boil and simmer for an hour.
Cut peeled carrots into finger-thick pieces. Thoroughly scrub dirt off potatoes (if not peeling them), cut them in half. Quarter the remaining three onions. Add these veggies to the stew (note that the onions are gone).
Open beer and generously pour about half of it into stew (pour a glass yourself!). Lots of liquid is ok - it will make nice sauce. Add whole cloves of garlic (lightly crushed with

knife), and herbs. Cover and let simmer for another hour, or until vegetables are done and meat flakes.
Enjoy with the same dark beer or red wine!

NOTES:

- too much beer will add undesired bitterness.
- adjust amount of liquid by adding more water or beer, or leave uncovered to reduce.