Beef in Guinness

NIBBLEDISH CONTRIBUTOR

Ingredients

500 grammes diced beef
4 medium carrots washed/chopped
4 sticks celery washed/chopped
2 large onions roughly chopped
100 grammes mushrooms chopped
500 grammes potatoes washed roughly chopped
2 pints Guinness
200 ml chicken stock
25 grammes flour
drizzle of oil

Salt & Pepper
2 bay leafs
chopped parsley

Instructions

Heat up a deep based pan and add the diced beef and cook over a high heat for 5 mins or until browned then add the chopped veg and cook for a further 3 mins.

Remove from the heat and add the flour stir around until flour is absorbed. Add the chicken stock and return to heat, cook for several mins until sauce thickens then add the Guinness, bay leaf and half the chopped parsley.

Stir and cook over a low heat for 60 to 90 mins or in an oven at 160 degrees Cent for

90 mins.

Add more Guinness if desired.

Season with Salt and pepper and garnish with chopped parsley and serve hot