



Gammy's House Recipes

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Beef with Guinness- serves 4

Ingredients

.25 lb butter
1 lb beef chuck steak, cut into .5 in. cubes
1 large sweet onion, sliced thinly
1 cup beef stock
1 pint Guinness stout
4 medium potatoes, peeled
2 large carrots, chopped
1/4 tsp each of salt, pepper, thyme, sage,
Parsley, bay leaf

Cooking Instructions

Heat butter in skillet brown the beef in batches-set beef aside.
Cook onion in hot fat for 3 minutes-just softened, return meat to pan add bouquet garni, salt, pepper, stock and stout and bring the mixture to a boil.
Cook stew uncovered in preheated 350 degree oven for about one hour
add potatoes and bake e for 45 minutes till all is tender.
add salt and pepper to taste. Thicken sauce with butter and flour. Garnish with parsley.
I love to cook something special for St. Patrick's Day.