

O'Neill's Bar & Restaurant

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Beef and Guinness Stew (for 4)

Ingredients:

½ kg of rib beef
4 sticks of celery (chopped)
4 carrots (peeled and chopped)
8 medium potatoes
4 potatoes diced for thickening
Bouquet of bay leaf and thyme
4 small onions
3 oz of cream flour
1 tablespoon of butter
1 tablespoon of vegetable oil
1 can of Guinness
500ml beef stock
salt and pepper to season

To serve: fresh chopped parsley
Sour cream and chives (optional)

Method:

Add butter and oil to saucepan. Put flour in plastic bag with salt and pepper. Add meat and shake until well covered. Add to saucepan and cook gently over moderate heat for two minutes. Bring heat up, add the Guinness and bring to the boil. Add beef stock and bouquet of herbs and bring back to boil. Add in all other ingredients, cover and gently simmer for at least 25 minutes or until meat is tender. Remove bouquet of herbs and add freshly chopped parsley. If you like a head on your Guinness, add sour cream and chives on top.