

Belgian Beef Stew

Ingredients

- **1 pound** chuck roast, trimmed and cubed
- **1 11.2oz bottle** of Flemish Sour Ale
- **4 slices** bacon, diced
- **3 cloves** garlic, minced
- **2 onions**, sliced or minced
- **2 tablespoons** olive oil
- **1 ½ tablespoons** all-purpose flour
- **¾ cup** beef broth
- **½ teaspoon** dried thyme
- **½ teaspoon** ground mustard
- **1 tablespoon** dried parsley
- **1 tablespoon** brown sugar
- Salt and pepper to taste



Instructions

1. Combine beef, beer, garlic, bay leaves, and a pinch of salt in a large Ziploc bag or bowl and marinate for at least two hours or as much as overnight.
2. When you're ready to begin cooking, remove the beef, reserving the marinade, and pat it dry with paper towels
3. Using a dutch oven or big pot, heat the olive oil and then fry the beef until it's browned on all sides and cooked through, around 10 minutes. Remove from the pan and put on a plate for later.
4. Using the same pot or pan, fry the bacon until crispy. Remove the bacon and add to the beef, leaving the grease in the pan.
5. Add the onions and a pinch of salt to the bacon grease and fry until they're tender and brown, about 10 minutes.
6. Add the flour and stir to coat the onions, cooking for a minute.
7. Add the beef broth to the pan, whisking and scraping the bottom to create a nice gravy. Add the reserved marinade, the beef, the bacon, and the thyme to the pan.
8. Simmer for at least an hour, up to two.
9. Add the brown sugar, the parsley, the mustard, and salt and pepper to taste. Simmer for another 30 minutes.
10. Serve with fries.

Notes:

This is more stewed beef than beef stew—consider it beef in gravy rather than a soup. It would be great over rice or pasta but is traditionally served with a side of twice-fried fries.