Irish Beef and Guinness Casserole

Ingredients:
3 tablespoons flour
1 teaspoon cayenne pepper
salt & pepper to taste
3 tablespoons oil
3 bay leaves
2 pounds stewing steak, chopped into 1-2" cubes
1 large onion, roughly chopped
1 teaspoon minced garlic,
OR
2 cloves garlic, crushed (to taste)
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2 tablespoons tomato puree, dissolved in
6 tablespoons stock
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1 tablespoon worcestershire sauce (optional)
1 teaspoon rosemary
1 teaspoon thyme
1/2 pound carrots, sliced
1/2 pint Guinness
3/4 pint beef stock (beef oxo is fine)

Directions:

Mix flour, cayenne, salt & pepper in a large mixing bowl. Toss steak in 1 Tbsp of the oil before adding to flour mix. Heat remaining oil with bay leaves in large based pan and brown the steak. Add onions and carrots and continue to fry for a further 5 minutes.

Add garlic, tomato puree, herbs and Guinness and simmer for 5 minutes. Transfer to oven proof dish, adding remainder of stock, and cook in moderate oven, around 300F/GM3 for 2-3 hours, until beef is tender.

Serve with mashed potato and green vegetable of choice, or Irish Soda bread.

Tastes even better re-heated the day after!

This recipe from CDKitchen for Irish Beef and Guinness Casserole serves/makes 4