



BEER BRAISED IRISH STEW & COLCANNON

INGREDIENTS

- 1 Tbsp vegetable oil
- 1 ½ lbs beef strips
- 2 Tbsp all-purpose flour
- 1 c coarsely chopped onion
- 1 c coarsely chopped carrot
- 1 (12 fluid ounce) can or bottle of stout beer, preferably Guinness
- 2 bay leaves
- 1 tsp dried thyme
- 1 tsp salt
- ½ tsp ground black pepper
- 2 cloves garlic, minced
- 2 Tbsp Worcestershire sauce

Colcannon:

- 3 slices bacon
- 2 lbs russet potatoes, peeled and cut into chunks
- 2 c thinly sliced cabbage
- ¼ c milk, warmed
- 2 Tbsp butter
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 Tbsp minced fresh parsley

DIRECTIONS

1. Preheat oven to 325 degrees F (165 degrees C).
2. Heat the vegetable oil in a large Dutch oven over medium-high heat until very hot, and brown the meat in 2 batches, stirring to brown the strips on all sides. Return all the meat to the Dutch oven, sprinkle with flour, and stir lightly to coat the meat with flour. Stir in onion, carrots, dark beer, bay leaves, thyme, 1 teaspoon salt, 1/2 teaspoon pepper, garlic, and Worcestershire sauce. Bring the mixture to a boil, and cover.
3. Place the Dutch oven into the preheated oven, and cook for 45 minutes; uncover, stir the stew, and cook until the beef is very tender, and the liquid is reduced by half, about 45 more minutes.
4. Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble the bacon and set aside.
5. About 30 minutes before the stew is ready, make the colcannon: Place the potatoes into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.
6. Place the cabbage into a microwave-safe bowl and add 1 or 2 tablespoons of water. Cover and microwave on High for about 2 1/2 minutes; uncover (watch out for steam) and stir the cabbage. Cover and microwave for about 2 1/2 more minutes, until the cabbage is slightly tender but not mushy. Drain excess liquid, and set the cabbage aside, covered.
7. Place the potatoes into a large bowl, and add milk, butter, 1/2 teaspoon of salt, and 1/4 teaspoon of pepper. Beat the potatoes with an electric mixer until smooth and creamy. Stir in the cabbage, crumbled bacon, and parsley until well combined.
8. To serve, place a scoop of colcannon onto a plate, make a hollow, and fill with braised beef stew.

BENEKER
Family Farms



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SHOPPING LIST

Vegetable oil
All-purpose flour
Onion
Carrot
1 (12 fluid ounce) can or bottle
of stout beer, preferably
Guinness
Bay leaves
Dried thyme
Salt
Ground black pepper
Garlic, minced
Worcestershire sauce
Bacon
Russet potatoes
Cabbage
Milk, warmed
Butter
Fresh parsley

SIDE OPTIONS

Mashed potatoes
Braised red cabbage
Green peas with butter