

BEEF STEWED IN BEER

Ingredients:

3 lb. beef roast, thinly sliced¹
2-3 Tbsp. olive oil
10 slices of bacon, diced
5 large onions, sliced
3 garlic cloves, minced
1 tsp. salt
1/2 tsp. pepper
2 sprigs of thyme
3 Tbsp. parsley, minced
2 Tbsp. red wine vinegar
1 Tbsp. brown sugar
1 Tbsp. Dijon mustard
2-3 cups of beer
several slices of dry bread

In a skillet over high heat, brown the beef in olive oil. Remove the meat and set aside. In the same pan, brown the bacon and set aside. If necessary, remove some of the grease. Cook the onions in the bacon grease until they become transparent. In a pot, arrange the slices of beef, bacon, and onions in layers. Salt and pepper each layer. Place the thyme, parsley, and garlic in the middle. Deglaze the skillet with the vinegar. Add the brown sugar and mustard and cook for 2 min. Pour this mixture over the meat and add sufficient beer to cover the meat. Place the slices of bread on top, cover, and cook over low heat for 2 hours.

ACTIVITIES

1. What different kinds of sugar are there?
2. Search on-line for other recipes of carbonnades. What variations do you find?
3. Search on-line for recipes and use them to distinguish between a *daube*, a *carbonnade*, and a *ragoût*.
4. Certain recipes use beer as a cooking liquid. What French regional cuisines are known for beer?
5. What might this dish be served with?

Notes

¹ If you use a frozen roast that is not quite completely thawed, it is easier to cut thin slices.