

## **Carbonnades Flamandes, or Belgian Beef Stew**

Adapted from [Cooking Know-How](#) by Bruce Weinstein and Mark Scarbrough (2009, Wiley)

If you've never added beer to beef stew, you've missed out. Please note that I omitted the parsnips and mushrooms, but only because I forgot to buy them. Take your time searing the meat. The payoff will be worth the extra minutes and attention. Finally, I'm giving you the down and dirty version of this recipe. To get the full benefit of the authors' experience and wisdom, you'll want to get their book. They explain why each ingredient and step is important, which is useful not only in producing a great meal, but in creating variations on the theme.

2 tablespoons unsalted butter  
6 ounces chopped bacon  
2-1/2 pounds boneless chuck or bottom round (I used the former), cubed  
1 large yellow onion, chopped  
4 medium carrots, peeled and roughly chopped  
3 parsnips, peeled and roughly chopped  
8 ounces thickly-sliced mushrooms, sautéed in 1 tablespoon unsalted butter, optional  
3 tablespoons flour  
1 cup beef broth  
One 12-ounce bottle of beer  
2 teaspoons thyme  
1 teaspoon caraway seeds  
1 tablespoon coarse-ground mustard  
Salt and pepper, to taste

Heat the butter in a large soup pot or heavy Dutch oven over medium heat. Sauté the bacon until crispy, then transfer to a very large bowl.

Brown the beef in batches. As each batch is seared, transfer the meat to the bowl with the bacon and continue with the next batch. (Take your time and do not crowd the pan or the meat will steam rather than sear.) The meat should all be out of the pot and in the large bowl before proceeding.

Turn the heat down slightly and add the onions, carrots, and parsnips to the Dutch oven. Cook, stirring often, until the onion has softened, about 3 minutes. Stir in the mushrooms, if using.

Whisk the flour into the beef broth. Whisk this mixture into the pot along with the beer, thyme and caraway seeds. Bring the heat up to a simmer. Stir the beef, bacon, and all accumulated juices back into the pot. Cover, and reduce the heat to the lowest possible simmer. Cook until fork-tender, about 2 hours.

Stir in the mustard, season with salt and pepper to taste, and serve.