

# Carbonnades Flamandes

The distinctive taste of this Belgian beef stew comes from the addition of beer or ale. You should also try the Irish version of it, made with Guinness stout.

	6	12	20	50
lean chuck or rump	3 lbs	6 lbs	10 lbs	24 lbs
cooking oil	2 tbs	4 tbs	7 tbs	1 c
medium onions, sliced	1½ lbs	3 lbs	6 lbs	12 lbs
salt		(season to taste)		
freshly ground black pepper		(season to taste)		
garlic cloves, mashed	4 8	12	24	
beef stock or bouillon	1 c 2 c	4 c	8 c	
ale or beer	2–3 c	4 c	6 c	4–6
		12-oz cans		
brown sugar	2 tbs	¼ c	½ c	1 c
bouquet garni* composed				
of parsley	2 sprigs	4 sprigs	7 sprigs	½ bunch
bay leaves	1 2	3 6		
dried thyme	1 tsp	2 tsp	3 tsp	2 tbs
or				
fresh thyme	2 sprigs	4 sprigs	7 sprigs	15 sprigs
cornstarch mixed with	2 tbs	4 tbs	8 tbs	1 c
wine vinegar	2 tbs	4 tbs	8 tbs	1 c

\*Tie the three herbs in a small square of cheesecloth.

## Garnish

parsley	6 sprigs	12 sprigs	1 bunch	2 bunches
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Preheat the oven to 325°.

Cut the beef into 4 × ½ × 2-inch strips. Pat the strips dry, then heat the oil in a skillet and brown the beef quickly, a few strips at a time. Place the strips in a bowl as they are done.

When all the beef is browned, reduce the heat under the skillet, add the onions, and cook for 10 minutes, stirring. Season with salt and pepper, then stir in the garlic.

Sprinkle the beef with salt and pepper, then layer it in the casserole with the onions.

Heat the stock in the skillet, scraping up the pan juices and add to the meat. Add just enough beer or ale to cover, then stir in the brown sugar and bouquet garni. Bring the casserole to a simmer on top of the stove, then cover and place in the oven. Keep the casserole simmering for 1½ to 3 hours [large casseroles may take longer] or until the meat is tender.

Remove the bouquet garni and discard. Drain the liquid out of the casserole and skim the fat off it. Beat the cornstarch and vinegar mixture into the liquid, and simmer for 4 minutes or so in a saucepan. Taste, correct the seasonings, then pour the sauce back over the meat. (If it doesn't seem thick enough, add more cornstarch mixed with water and simmer again). Set aside until ready to serve, then heat through for 5 minutes or so.

Serve with noodles or boiled potatoes, and garnish with parsley.