



## *Garden Fresh Farm Recipes*

# Irish Guinness Beef Stew

This recipe tastes just like the hearty flavorful Irish Guinness Stew we had in the Temple Bar area of Dublin.

### **Ingredients:**

6 ounces bacon, diced  
2 pounds beef chuck  
3 tablespoons all-purpose flour  
2 yellow onions, chopped  
3 cloves garlic, minced  
4 medium potatoes, cut in 1-inch pieces  
2 large carrots, chopped in 1/2 inch pieces  
2 ribs celery, chopped in 1/2 inch pieces  
1 large parsnip, chopped into 1/2 inch pieces  
16 ounces Guinness Extra Stout  
1 cup beef broth  
2 tablespoons Worcestershire sauce  
1/4 cup tomato paste  
1 teaspoon thyme  
1 teaspoon rosemary  
1 1/2 teaspoons salt  
1/4 teaspoon ground black pepper  
2 bay leaves  
Salt and pepper to taste



### **Directions:**

Preheat oven to 325 degrees.

Cut the beef into 1-inch pieces. Sprinkle with some salt, pepper and the flour. Toss to coat the pieces. Set aside.

Fry the bacon in a Dutch oven until done. Remove it with a slotted spoon leaving the bacon drippings in the pan.

Working in batches and being careful not to overcrowd the pieces. Brown the beef on all sides. Transfer the beef to a bowl. Repeat until all the beef is browned.



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Add the onions to the Dutch oven and fry them until lightly browned, about 10 minutes, adding more oil if necessary. Add the garlic and cook for another minute. Add the vegetables and cook for another 5 minutes. Add the Guinness and bring it to the boil, deglazing the bottom of the pot, scraping up the browned bits on the bottom of the Dutch oven. Boil for 2 minutes.

Return the beef and bacon along with the remaining ingredients and stir to combine.

Place the Dutch oven in the preheated oven for 2 hours.

Serve with some crusty country bread or Irish soda bread. This beef stew is even better the next day.