

## GUASTELLO'S VILLAGE MARKET

# Flemish Beef & Beer Stew (Carbonnade)

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Serves 4 – 6

### Ingredients

2 lb. beef chuck, cut into 2" x 1/2"-thick slices  
Kosher salt and freshly ground black pepper, to taste  
1/4 cup flour  
4 tbsp. unsalted butter  
4 slices bacon, finely chopped  
6 cloves garlic, finely chopped  
3 medium yellow onions, thinly sliced lengthwise  
2 cups Belgian-style ale, like Ommegang Abbey Ale  
1 cup beef stock  
2 tbsp. dark brown sugar  
2 tbsp. apple cider vinegar  
3 sprigs thyme  
3 sprigs parsley  
2 sprigs tarragon  
1 bay leaf  
Bread, for serving

### Instructions:

Season beef with salt and pepper in a bowl; add flour and toss to coat.

Heat 2 tbsp. butter in a 6-qt. Dutch oven over medium-high heat. Working in batches, add beef; cook, turning, until browned, about 8 minutes. Transfer to a plate; set aside.

Add bacon; cook until its fat renders, about 8 minutes.

Add remaining butter, garlic, and onions; cook until caramelized, about 30 minutes.

Add half the beer; cook, scraping bottom of pot, until slightly reduced, about 4 minutes. Return beef to pot with remaining beer, stock, sugar, vinegar, thyme, parsley, tarragon, bay leaf, and salt and pepper; boil.

Reduce heat to medium-low; cook, covered, until beef is tender, about 1 ½ hours.

Serve with bread.

***Credit: [saveur.com](http://saveur.com)***