

Pastamore's Recipe of the Month: Guinness Stew

Ingredients:

1 lb - stew meat (beef)
12 oz - Guinness
2 Tbsp - [Pastamore Traditional Barrel Aged Balsamic Vinegar](#)
2 Tbsp - vegetable oil
1 Tbsp - butter
1 Tbsp - flour
1 quart - vegetable stock/broth
1 quart - water
1 - yellow onion
4 - garlic cloves
1 lb - small red potatoes
1/2 lb - parsnip
3 - celery stalks
1/2 lb - baby carrots
3 - bay leaves
2 tsp - brown sugar
1 tsp - dried Herbs de Provence (thyme also acceptable)
To taste - salt and black pepper
1/2 Cup - flour

Directions:

1. Place a large pot or dutch oven on the stove over medium-high heat. When the pot is heating, lightly dredge the stew meat in flour that is lightly seasoned with salt and pepper. Once the pot has become hot, add 1 Tbsp of vegetable oil and allow the oil to heat. Once the oil is hot, add half of the meat. Brown the meat on all sides, and then remove from the pot and place to the side. Add the second Tbsp of vegetable oil followed by the remaining meat. Brown the meat on all sides and remove from the pot (being sure not to remove the bits and pieces stuck to the pot). Immediately deglaze the pot by adding the vegetable stock.
2. Dice the onion into 1/4" x 1/4" pieces. Add the onion, garlic cloves, Guinness, and meat to the pot, and bring to a boil. Reduce to a strong simmer, add the bay leaves, Herbs de Provence, brown sugar, and then allow the stew to cook for 45 minutes.
3. While the stew is cooking, prepare the remaining vegetables. Wash the potatoes, and then cut them into quarters. Peel the parsnip, and then cut into 1/2" x 1/2" pieces. Slice the celery stalks into 1/4" thick pieces on a bias.
4. After the stew has cooked for 45 minutes add 1 quart water, all of the vegetables, and 2

Tbsp *[Pastamore Traditional Barrel Aged Balsamic Vinegar](#)*. Bring the stew back up to a strong simmer. Remaining cook time will be approximately 45 minutes, or until meat and vegetables are tender.

5. While the stew is cooking, a roux will be made using 1 Tbsp of butter and 1 Tbsp of flour. Place a small saucepan on the stove over medium heat. Place the butter in the pan and allow to melt. Once melted, add the flour to the pan and mix with a whisk. Continue mixing until the butter and flour are fully incorporated. Remove from the heat, and place to the side.

6. When the stew is nearly finished add the cooled roux to the simmering stew. Incorporate the roux into the stew with a whisk. If stew is too thick, add water. If the stew is too thin, make more roux or cook longer.

7. Serve hot with a hearty bread (baguette).