



**Makes 4 to 6 Servings**

Use Chantal® Copper Fusion® 8 Qt. Stockpot and  
Copper Fusion® 6 Qt. Casserole



## Irish Beef Stew

### Main Ingredients:

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|--|--|
| ¼ cup olive oil  | 1 tablespoon dried thyme                             |
| 1¼ pounds chuck beef stew meat,<br>cut into 1½-inch pieces | 2 tablespoon Worcestershire sauce                    |
| 6 cups beef stock or canned beef broth                     | 2 tablespoons tomato paste                           |
| 6 large garlic cloves, minced                              | 1½ tablespoons chopped fresh parsley                 |
| 1¼ cup of Irish stout beer                                 | 3 pounds potatoes, peeled,<br>cut into ½-inch pieces |
| ¾ cup of red wine  | 1 large yellow onion, chopped                        |
| 2 bay leaves   | 1½ cups ½-inch pieces peeled carrots                 |
| 1 tablespoon sugar   | 1 tablespoons all-purpose flour                      |
| 2 tablespoons butter                                       | Salt and Pepper                                      |



## Irish Beef Stew



### Preparation:

1. Heat olive oil in Stockpot over medium-high heat. Lightly salt the beef pieces and coat them with flour. Add the beef and cook until nicely browned on one side, then turn the pieces over and brown the other side, approximately 4 or 5 minutes. Add garlic and sauté for another 1 minute. Add beef stock, beer, red wine, Worcestershire sauce, tomato paste, bay leaves, sugar and thyme. Make sure to stir while bringing mixture to a boil. Reduce heat to medium-low, then cover and simmer for 1 hour, stirring occasionally.
2. Using the Casserole, melt the butter over medium heat. Add potatoes, carrots and onions. Sauté vegetables for about 20 minutes, until golden. Set aside until the beef stew in step one has simmered for one hour.
3. Add vegetables to beef stew in Stockpot. Simmer uncovered until vegetables and beef are very tender, about 30 to 40 minutes. Discard bay leaves. Add salt and pepper to taste and sprinkle with parsley. Ready to serve!