

# Irish stew; beef, carrot, barley and Stout

**Recipe for 4 persons**

## **Description**

Perfect for celebrating St. Patrick's Day!

## **Note**

The use of the hanger steak allows a texture similar to another more traditional piece of beef for a stew (chuck, scoter...) and offers a faster cooking time.

However, you can use any piece of meat you like, you will just have to adjust the cooking time accordingly.

## **Ingredients**

### Stew

- 450 Gr Hanger steak
- 1 Unit(s) Onion
- 3 Unit(s) Carrot
- 2 Clove(s) Garlic
- 0.50 Cup(s) Pearled barley
- 1 Sprig(s) Rosemary
- 300 Ml Guinness bier
- 2 Cup(s) Beef broth
- 1 Tbsp Tomato paste

## **Preparation**

- Preparation time **30 mins**

### Prep

Cut the onion into brunoise, the carrots into quarter slices and the meat into coarse cubes.

Finely chop the garlic cloves.

### Cooking

In a very hot casserole over high heat, drizzle with canola oil and sear the meat cubes, season with salt and freshly ground pepper. Once colored, lower the heat to medium high, add the onion and carrots and sweat them for a few minutes with a pinch of salt.

Add the chopped garlic and the whole sprig of rosemary and cook for a few more minutes.

Push the ingredients to the sides of the casserole to leave a gap in the middle and put the tomato paste in, roast it for about 1 minute and mix it all together.

Deglaze with guinness, bring to a boil and reduce by half. Add the beef stock, bring to a boil and simmer for 30 minutes.

Taste for seasoning, adjust if necessary and add the pearl barley. Mix, bring back to a simmer and cook for another 30 minutes or until the barley is cooked.

Check the seasoning one last time and serve.

Enjoy!

**Bon appétit!**