



Tournay Noire

Beef Stew

Ingredients

- 2.2 lbs of beef chuck or topside
- 4 onions
- 10 medium-sized carrots
- 15 pitted prunes
- 1 bouquet garni (parsley, thyme, bay leaf)
- 33 US oz of Tournay Noire
- 4 tsp olive oil
- A part of butter
- Brown sugar

- 1 Cut the meat into cubes
- 2 Thinly slice the onions and cut the carrots into rounds
- 3 Put the oil and the butter into a frying pan and caramelize the onions, without burning them
- 4 In a buttered and oiled stew-pot (or pressure cooker), brown the meat for 2 minutes
- 5 Add the caramelized onions, the cut carrots and the stoned prunes
- 6 Pour in the beer then 10 US oz, and season to taste
- 7 Add the bouquet garni, cover and leave to simmer for two and a half hours (in pressure cooker mode: 30 minutes)
- 8 At the end of the cooking, rectify if necessary with 2 soup spoons of brown sugar
Leave the sauce to thicken

As accompaniment, baby potatoes with rosemary in butter and olive oil, as well as a delicious Tournay Noire.

Happy tasting !

