

BEEF IN BEER

900g (2lb) Stewing Steak
300ml (½ pint) Stout or Best Bitter
225g (8oz) Button Mushrooms halved
4 medium Onions
15g (½ oz) Butter
2 tbsp Plain Flour
1 tbsp Vegetable Oil
1 tsp Soft Brown Sugar
½ tsp mustard
1 Bay Leaf

Pre-heat the oven to 180°C; 350°F: Gas 4.

Cut the steak into 5 cm (2 inch) cubes, slice the onions and halve the mushrooms if large.

Heat the butter and oil in a large casserole dish and cook the meat for 10 minutes, until browned and sealed.

Remove the steak, and add the onions and fry until transparent then add the mushrooms.

Add the flour and stir well allowing the flour absorb the fat.

Return the meat to the pan, add the beer, mustard, bay leaf and sugar and stir well.

Cover and cook in the oven for about 2½ hours or until tender.