



Classic Carbonnade with Trappist Ale

Notes from Frances Verrity

The first time I cooked this I forgot to buy the beetroot. However, it was still very nice. The second time I cooked it (last weekend) I found that celeriac was out of season. So I used a swede and a stalk of celery instead. If you are really averse to swede, just try potatoes I would suggest. Like most stewy-casseroly things, it is even better the next day. It is essentially a winter dish.

Method

Place steaks in a dish and pour over the Chimay Red, add peppercorns and bay leaf and marinate overnight. Next day fry onions, bacon and garlic in lard (oil) over a medium heat for around 30 seconds, then add celeriac, leek and carrot and fry for another 2 minutes, until lightly browned. (I think these times are a bit short - and did this bit for about 10 minutes). Remove with a slotted spoon to the bottom of a heavy casserole.

Take steak from marinade, pat dry and quickly brown on all sides in the fat left in the pan to seal in the beer, then place on top of the vegetables and put in the beetroot and tomato puree. Add a little more lard (oil) to the pan, if necessary, heat and sprinkle in the flour, cook for 1-2 minutes. Pour in the beef stock and bring slowly to simmering point while it thickens. Remove from heat, stir in the rest of the marinade, pour over the steak in the casserole, add the bouquet garni, cover and cook very slowly for 3 hours, or until the meat is tender and the gravy slightly thickened. Taste and season if necessary, remove the bay leaf and the bouquet garni and serve with mashed potatoes and a green vegetable.

Enjoy!

Ingredients

- 6 portions good braising steak
- 1 small bottle Chimay Red
- 6 peppercorns
- 1 bay leaf
- Lard for frying (or olive oil)
- 3 small red onions, sliced thinly
- 3 cloves garlic, crushed
- 2 rashers smoked fat streaky bacon, diced
- 1 small celeriac, peeled and cubed (see notes)
- 1 leek, cleaned and sliced
- 1 medium carrot, peeled and sliced thinly
- 1 small raw beetroot, peeled and cubed
- 1 tablespoon tomato puree
- 1 heaped tablespoon seasoned plain flour
- 85 ml beef stock (an Oxo cube works well)
- 1 bouquet garni (ie, go out into the garden and pick a bit of parsley and thyme)