

WINTER BEEF AND STOUT STEW

Makes 6 Servings

INGREDIENTS

- 4 Tbsp olive oil, divided (plus more if needed)
- 1 lb stew beef, cut into 1-inch pieces
- 2 Tbsp all purpose flour
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- ½ lb trumpet, oyster, or shiitake mushrooms, chopped
- 2 carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 small rutabaga, peeled and chopped
- 1 small celery root (celeriac), peeled and chopped
- 1 medium burdock root, peeled and chopped (about 2 ½ lbs root veggies, total)
- 1 (16 oz) can stout
- 2 cups beef broth
- 2 Tbsp Worcestershire sauce
- 2 sprigs rosemary leaves, minced
- 1 tsp dried thyme
- ½ tsp red chili flakes (optional)

DIRECTIONS

1. Preheat the oven to 375°F.
2. Whisk together flour, kosher salt, and pepper. Toss with beef until evenly coated.
3. Heat 2 Tbsp of the olive oil in a large, heavy bottomed pot (we used a 6 qt Dutch oven.) Brown beef in batches until golden, about 3 minutes each side. Add more oil as needed. Set aside.
4. Add remaining 2 Tbsp olive oil. Saute onions until translucent, about 5 minutes. Add garlic, cook for an additional minute. Deglaze the pan with a splash of broth, scraping up any browned bits. Add mushrooms, cook for another 5 minutes.
5. Stir in all remaining veggies, browned beef, beer, broth, Worcestershire sauce, rosemary, thyme, and chili flakes. Bring to a boil, cover, and place in the preheated oven. Cook for an hour. Remove the lid and give it a stir, and bake uncovered for another half hour.
6. Serve with a green salad and crusty bread.