

Vlaamse Karbonaden



Serves 4

Prep 25 mins

Cooking 3h

Easy



Ingredients

1 kg shin of beef (in approx. 4-5 cm cubes)

4 onions (thinly sliced)

50g butter

2 slices of bread, crusts removed

750ml dark Belgian beer (such as Leffe brown)

1 tbsp cider vinegar

3 tsp mustard approx

1 tablespoon soft dark brown sugar

a bunch fresh thyme or 2 tsp dried thyme

2 cloves

2 bay leaves

250 ml beef stock (cube or concentrate is fine)

Salt & pepper to taste

Parsley, chopped, to garnish

1. Get out a large, heavy-bottomed casserole and, on the hob over a medium to high heat, warm 1 tablespoon oil. Add the beef and cook, stirring frequently, for 5–10 minutes, till they've crisped up a bit.
2. Remove the beef and set aside. Add the chopped onion, stirring well and turn down the heat to low and cook – stirring every now and again – for 10 minutes, by which time the onions will have softened and caramelised.
3. Stir in the thyme & the cloves, & add the cubed shin of beef. Toss & turn the meat in the pan.
4. Pour the stock into a large jug and stir in the sugar and the cider vinegar and then add the beer before pouring this over the stew in the pan. Stir to mix then leave to come to the boil, add the bay leaves and salt and a grinding of pepper.
5. Put the mustard on the slices of bread & put them on top of the stew, mustard side down, then clamp on the lid shut & turn down the heat to low or put in the oven on a low heat 150C/Gas 2.
6. Cook gently for 3 hours, until the meat is fork tender. Let it cool, & refrigerate, so leaving it to bring joy to another day or serve with parsley and some parsley.
7. The stew can be made up to 2 days ahead. Transfer to non-metallic bowl to cool. Cover & refrigerate asap. To reheat, put stew back in casserole dish and reheat very gently on the stove, until piping hot; or reheat in oven at 150°C/gas mark 2 for 1h, until piping hot.
8. The cooled stew can be frozen for up to 3 months (you can freeze smaller portions for weekday suppers). Defrost overnight in fridge and reheat as above.