

# Beef and Guinness Casserole Recipe



## what you need

- 450g John Penny stewing steak, cut into cubes
- 2tbsp oil
- 2 onions, sliced
- 1tbsp plain flour
- 2.5cm piece of root ginger, grated
- 150ml brown ale or Guinness
- 1 beef stock pot dissolved in 150ml boiling water
- 400g can tomatoes or passata
- Bouquet garni (bundle of herbs)
- 1 red pepper, sliced
- 1 orange, rind and juice

**Preparation Time:** 25 mins

**Cooking Time:** 1 hr 30 mins

**Serves:** 4

## how to cook

- 1 Heat 1 tbsp of oil in a pan over a medium heat and fry the meat until it has browned.
- 2 Remove from the pan and put into a casserole dish.
- 3 Heat the remaining oil and sauté the onion over a low heat until golden. Mix in the flour and ginger, cook for 1-2 minutes, then gradually stir in the ale, stock and tomatoes and cook until thickened.
- 4 Add the bouquet garni, pepper and orange rind and pour into the casserole.
- 5 Cook in a preheated oven Gas 3, 160°C, fan 140°C, 325°F for 1½ hours.
- 6 Remove the bouquet garni, stir in the orange juice then serve.
- 7 Cook's tip: This casserole also makes a delicious pie. Place the cooked meat in a pie dish and cover with ready-rolled puff pastry.