

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Irish Beef and Brew Stew

Heritage, tradition — where you come from often plays a part in where you are and where you're going. Maybe you're not familiar with all of the original Irish customs celebrated this time of year, but that doesn't mean you can't find a common bond. The longing for land, the affinity for growing good things, the desire to produce beautiful food — cattlemen, that's all you.

Lucky combination

Irish Beef and Brew Stew is the perfect recipe for feeding a crowd of friends and wee ones, too. Hearty vegetables like potatoes, carrots and cabbage pair with braised beef in a rich stew that's slightly sweet thanks to a secret ingredient.

Here's how to get started.

Coat chuck roast chunks in flour and spices. After browning, braise in the oven for several hours. You will stir in vegetables and a unique ingredient, apple butter, before covering with chopped cabbage for final braising time.

This stew requires planning. You'll be focused on low and slow for most of the day. The result? An absolutely delectable meal.

Serve with crusty Irish brown or soda bread, a hearty stout, and top it off with fresh parsley for a bit o' green.

Beef and Brew Stew will surely have Irish eyes, and all others, smiling!

Irish Beef and Brew Stew

Ingredients:

- 3 lb. CAB® chuck roast, cut in 1-1½-in. cubes
- 3 Tbs. flour
- 2 tsp. coarse kosher salt
- 2 tsp. dried thyme
- 1 tsp. freshly ground black pepper
- ½ tsp. allspice
- 2 Tbs. vegetable or canola oil
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 4 bay leaves
- 1 tsp. caraway seeds
- 1 (12-oz.) bottle Guinness® beer (or comparable stout)
- 1 cup beef stock
- ½ head cabbage, cored and thick sliced (about 4 cups packed)
- 2 lb. Yukon gold potatoes, peeled and cut in 1-in. chunks (about 4 cups)
- 3 medium carrots, peeled and chopped
- 1½ cups apple butter
- ¼ cup minced fresh flat-leaf Italian parsley for garnish

Instructions:

1. Preheat oven to 225° F. In a small mixing bowl combine flour, salt, thyme, pepper and allspice.
2. Coat beef chunks evenly with flour blend. Heat a heavy-bottom braising pan over medium heat. Add oil and sear beef in batches, browning each side; remove from pan and set aside.
3. Stir onion, garlic bay leaves and caraway into the pan, scraping brown bits from bottom of pan. Add beer and beef stock. Bring to a boil. Add beef back to pan, cover and place in oven. Braise on low until roast is fork tender, about 4 hours.
4. Remove braiser from oven. Skim and discard excess fat. Stir in potato, carrots and apple butter. Layer the top with cabbage. Continue to cook on the stovetop over low (a rolling boil) until potatoes are just soft, approximately 2 hours.
5. Serve in bowls garnished with parsley.

