



Beef in Beer

Metric

700 g braising steak,
trimmed and cut into 5 cm
slices

1 × 15 ml spoon flour
Salt and freshly ground
black pepper

50 g streaky bacon, rinded
and diced

50 g butter

1 × 15 ml spoon oil

3 large onions, peeled and
thinly sliced

300 ml brown ale

300 ml beef stock

1 × 5 ml spoon French
mustard

Bouquet garni

Chopped parsley

8 slices French bread

4 × 5 ml spoons French
mustard

Imperial

1½ lb braising steak,
trimmed and cut into
2 inch slices

1 tablespoon flour
Salt and freshly ground
black pepper

2 oz streaky bacon, rinded
and diced

2 oz butter

1 tablespoon oil

3 large onions, peeled and
thinly sliced

½ pint brown ale

½ pint beef stock

1 teaspoon French
mustard

Bouquet garni

Chopped parsley

8 slices French bread

4 teaspoons French
mustard

Cooking Time: 1¾–2 hours

Oven: 180°C, 350°F, Gas Mark 4

Toss steak in seasoned flour. Brown bacon in butter and oil and transfer to a casserole. Sauté onions in a frying pan then brown the beef on both sides, place in the casserole with the onions. Sprinkle remaining flour in the pan. Add ale, stock, and scrape juices from pan. Add to casserole with seasonings. Cook, covered, for 1½ hours or until tender in the oven. Remove bouquet garni. Taste and adjust seasoning, and consistency, if desired. Place French bread, spread with mustard, on the top. Cook, uncovered, for a further 15–20 minutes.