

Club TIS Café

Recipe by Susi Harding

Beef in Torbay Beer (Serves 4-6)

Ingredients:

900g Braising or casserole steak cut into 5cm cubes
425ml beer (we use Torbay beer, but any beer will do)
1/2 tablespoon of olive oil
350g Chopped onions
2 Crushed garlic cloves
1 Heaped tablespoon of plain flour
A few sprigs of fresh thyme
2 Bay leaves
Salt & Pepper



Method:

Add your oil to a casserole and heat on top of the stove
Fry the cubed meat in oil until it is browned (a few pieces at a time) and then transfer it to a plate.
Fry the onions gently for 5
Add the garlic and stir in for a further 30 seconds
Return the meat to the pan to the pan and then sprinkle the flour over and stir until the flour has absorbed all the juices.
Gradually stir in the Beer and let it simmer
Add the thyme and the bay leaves and season with salt and pepper according to your taste.

Once the casserole has started to bubble cover it with the lid and put in the oven.

Cook slowly for at least 2½ hours at Gas Mark 2 or 300° F or 150°C

We would serve this with mashed potatoes and some steamed cabbage or carrots.