



Criollo Beef Carbonnade

- 3 Pounds Stew Meat
- ½ C. Vegetable oil or butter
- 6 C. thinly sliced onions
- 3 T. all purpose flour, (gluten free if need be)
- 2 C. beer, dark beer preferable
If no dark beer, add 2 T. molasses
- 1 C. beef broth
- 1 T. wine vinegar
- 1 t. brown sugar
- 1 Clove garlic, peeled and minced
- ½ t. dried thyme
- 1 Bay leaf
Salt and ground black pepper
- ½ Pound mushrooms, trimmed and sliced
- 2 T. chopped fresh parsley

1. Preheat the oven to 325°F. **Serves 6 to 8**
2. Pat the beef dry with paper towels. In a large skillet over medium-high heat, heat ¼ c of the oil. Add the beef and brown it in 2 or 3 batches. Don't over crowd the meat, this affects the browning. Add more oil if necessary.
3. Remove the beef to a heavy casserole with a lid.
4. Add the onions to the casserole.
5. Add all but 2 T. of the remaining oil and the flour to the skillet and stir over low heat for about 5 minutes, until the flour turns a light to medium brown. Gradually stir in the beer and broth. Cook, stirring and scraping the pan with a wire whisk, until the liquid is slightly thickened.
6. Add the vinegar, sugar, garlic, thyme, bay leaf, and salt and pepper to taste.
7. Bring to a boil and pour over the beef and onions in the casserole.
8. Cover tightly with the lid, place in the oven and cook for 2 hours until the meat is fork-tender. If you prefer to age your meat gracefully, try putting this dish in the oven in the morning at 225°F, let the aroma sing to you all day and enjoy that evening.
9. Just before serving, sauté the mushrooms in the reserved 2 T. of oil for 2 minutes until lightly browned. Add the mushrooms to the stew.
10. Serve sprinkled with the parsley.