

# BEEF IN STOUT

Serves 4-6 people

## INGREDIENTS

- 900g (2lb) Ballakelly Farm stewing steak, cubed
- 15g (½ oz) butter
- 15ml (1 tbsp) vegetable oil
- 4 medium onions skinned and diced
- 225g (8oz) button mushrooms, halved
- salt and pepper
- 30ml (2 tbsp) plain flour
- 300ml (½ pint) stout
- 1 bay leaf
- 5ml (1 tsp) soft dark brown sugar or treacle

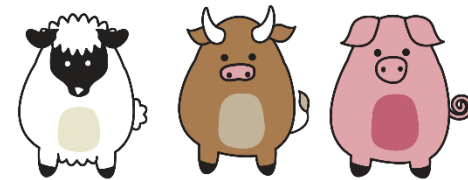
To order your stewing steak, please email:  
[rachel@ballakelly.farm](mailto:rachel@ballakelly.farm)

For a free bag of sausages with your next order,  
upload photos of your cooked meal to:

[www.facebook.com/BallakellyFarm](https://www.facebook.com/BallakellyFarm)

## METHOD

1. Heat the butter and oil in a large flameproof casserole dish and cook the Ballakelly Farm stewing steak for 10 minutes, until browned all over
2. Remove the meat from the pan with a slotted spoon
3. Add the onions and mushrooms to the pan, adding more oil if necessary, and fry until softened
4. Season to taste, add the flour and stir well so that the flour absorbs the fat
5. Return the meat to the pan, pour in the stout and add the bay leaf and sugar or treacle - stir well to mix
6. Cover and cook gently, either on the top of the stove or in the oven at 180°C (350°F/ Gas Mark 4) for at least 2½ hours until the meat is tender



# Ballakelly Farm

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