

Carbonnades à la Flamande **(Belgian Beef Stew Cooked in Beer)**

Prep time: less than 20 minutes • Minimum cooking time: 4 hours • Makes 6 to 8 servings

2 lb. stewing beef, fat trimmed and cut into 1-inch cubes
2 TB. vegetable oil
4 large onions, peeled and thinly sliced
2 garlic cloves, peeled and minced
1 (12-oz.) can beer
1 cup beef stock
2 TB. firmly packed dark brown sugar

2 TB. chopped fresh parsley
1 TB. fresh thyme or 1 tsp. dried
1 bay leaf
2 TB. cornstarch
2 TB. cold water
Salt and black pepper to taste
2 cups cooked buttered egg noodles

Preheat the oven broiler, and line a broiler pan with aluminum foil. Place beef in a single layer in the pan, and broil for 3 minutes per side or until beef is lightly browned. Place beef into the slow cooker along with any juices that have collected in the pan.

Heat oil in a medium skillet over medium heat; add onion and garlic. Cook and stir for 3 minutes or until onion is translucent. Scrape the mixture into the slow cooker. Add beer, stock, brown sugar, parsley, thyme, and bay leaf. Stir well.

Cook the stew on Low for 8 to 10 hours or on High for 4 to 5 hours or until beef is very tender. Then, if cooking the stew on Low, raise the heat to High. Mix cornstarch with cold water in a small cup. Add cornstarch mixture to the slow cooker, cover, and cook for an additional 10 to 15 minutes or until the juices are bubbling and slightly thickened. Discard bay leaf, and season with salt and pepper. Serve the stew with buttered egg noodles.



Slow Savvy

The general ratio of fresh herbs vs. dried herbs is about three to one. So if a recipe doesn't give you an equivalent and calls for 1 tablespoon fresh herb, you'll be fine using 1 teaspoon dried herb.

