

Guinness Yorkshire Stew

Swick

Serves 1 | Active Time: 2 hours | Total Time: 3 hours

Step 1: Making the stew

- 2 lbs bottom round steak, 1 inch cubes
 - 1/4 cup flour
 - 2 tsp vegetable oil
 - 1 medium onion, thinly sliced
 - 6 medium fresh mushrooms, sliced
 - 10 oz condensed beef broth
 - 1 cup of Guinness
 - 1/2 tsp salt
 - 1/4 tsp pepper
 - 1/4 tsp rosemary
 - 1/4 tsp dried tarragon
 - 1 tbsp tomato paste
 - 1 tsp Worcestershire sauce
 - 3 medium carrots, sliced
- Toss the beef cubes in a bag with the flour. At 425°F, brown the the beef cubes in the oven on a lightly oiled baking sheet for 10 minutes. In a large sauce pan, heat the oil and saute the onion until soft. Add the mushrooms and saute for 3 to 4 minutes. Add the broth, wine, salt, pepper, rosemary, tarragon, tomato paste and Worcestershire sauce. Stir well. Add beef. Cover and simmer for 1 hour. Add the carrot and cook for an additional 1 hour or until beef is tender.

Step 2: Making the Yorkshire Pudding

- 2 large eggs
 - 1 cup 1 percent milk
 - 1 cup flour (all-purpose)
 - 1/2 tsp salt
 - 2 tbsp hard margarine
- In a medium bowl, beat eggs until frothy and stir in milk, being sure to blend well. In a small bowl, combine the flour and salt. Beat the flour and salt mixture into the milk and eggs until smooth. Place the margarine in an ungreased 2 quart (2 L) casserole dish. Heat the dish with margarine in 400°F oven for 3 minutes or until melted. Remove dish from oven and immediately pour in batter. Using a slotted or straining spoon to reserve the gravy, carefully place the stew in the center of the batter to within 1 inch of the edge (pyramid the beef). Return the dish to the oven and bake uncovered for 30 minutes or until pudding begins to brown. Reheat the gravy and slowly pour over the hot stew in the center. Serve immediately.