

## Totty Pot Beef Stew

A wonderfully rich oven-cooked stew of beef in beer. Serves 4.

### Ingredients

30g butter  
2-3 tablespoons oil  
1kg lean beef, cubed  
3 onions, roughly chopped  
2 cloves of garlic, crushed  
1 teaspoon of brown sugar  
1 tablespoon plain flour  
500ml bottle of Totty Pot Porter, decanted so as to leave the yeast in the bottle  
2 bay leaves  
4 sprigs of thyme  
For the Croutons:  
Half a French Baguette  
Dijon Mustard

### Instructions

Preheat the oven to 160°C/Gas mark 3. Melt the butter in a large sauté pan with a tablespoon of oil. Brown the meat over a high heat and then lift out into a bowl with a slotted spoon.

Add another tablespoon of oil to the pan and add the onion. Turn the heat down to medium and cook the onion for around 10 minutes.

Add the garlic and sugar to the pan, along with another tablespoon of oil if it is needed. Cook for a further 5 minutes.

Lift out the onions with a slotted spoon into another bowl.

Pour any meat juices that have collected in the bowl of beef back into the pan. Sift the flour into the pan and stir in thoroughly.

Remove the pan from the heat and stir in the Totty Pot Porter, a little bit at a time. Return the pan to the heat and let the mixture gently simmer and thicken for a few minutes. Season with salt and pepper.

Put the beef and onion into a casserole dish. Add the bay leaves and thyme sprigs and season well with salt and pepper. Pour the liquid from the pan over the meat. Gently mix.

Cover with a lid and cook in the oven for 2.5 hours, or until the beef is tender. This dish is better the longer cooking time you can give it, but if you need it quicker, cook it at a higher temperature.

To make the croutons, cut 8 – 10 1cm thick slices from the baguette and lightly toast on both sides. Spread one side of each slice with the Dijon mustard and arrange the croutons, mustard side up, on top of the stew.

Serve immediately, straight from the casserole dish.