

FLEMISH BEEF CARBONADES

from Rene Peeters

(owner/chef Watel's World Piece Café)

The recipe has been in Peeters' family for a long time. "My father made this at home as far back as I can remember," Peeters says. "He was from Brussels. I learned to make it at an early age and still make it to this day. I even serve it in my restaurant, where it is a favorite."

Peeters says the dish can be served year-round, though he prefers to make it in winter, and that one of the key ingredients occasionally catches diners off-guard.

"It is basically beef stew, but with beer. I tell people, 'Don't worry, it doesn't taste like beer. It tastes like stew.'"

Until now, Peeters has only shared this recipe with his wife, Terri, and daughter, Caroline.

INGREDIENTS

- 🍷 4 lbs chunked beef chuck
- 🍷 1 tsp salt
- 🍷 ½ tsp black pepper
- 🍷 2-3 Tbsp flour
- 🍷 vegetable oil
- 🍷 3 large cubed onions
- 🍷 2 lbs mushrooms
- 🍷 2 bottles of beer

- Sauté onions and mushrooms until browned, and then transfer to Dutch oven.
- Season beef cubes with salt and pepper, and dredge in flour.
- Brown beef in batches, and then transfer to Dutch oven.
- Deglaze skillet with beer; add to Dutch oven.
- Bring to simmer, and adjust consistency by adding more beer or more flour dissolved in water; leave a little bit thick as it will slacken as it cooks.
- Simmer for 1.5-2 hours, taste, and adjust seasoning. 🍷