



A Recipe from the

### Irish Beef Stew Recipe Courtesy I Am A Food Blog

serves 4-6

1 - 1 1/2 POUNDS BEEF SHANK 1 TABLESPOON OIL 3 SMALL SHALLOTS, QUARTERED 6 CREMINI MUSHROOMS, QUARTERED 1 CARROT, LARGE DICE 2 STALKS CELERY, LARGE DICE 2 GARLIC CLOVES, SMASHED 1 TABLESPOON TOMATO PASTE 1/2 TABLESPOON FISH SAUCE	1 CUP BEEF BROTH 1 CUP GUINNESS SALT AND PEPPER 2 TABLESPOONS BUTTER 2 TABLESPOONS FLOUR MASHED POTATOES, IF DESIRED
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Pat the beef shank dry and season generously with salt and pepper. Heat up the oil in a large pot over medium high heat. Sear the shank until a deep brown crust forms, about 5-6 minutes. Repeat on the other side and when done, move to a plate.

If the pot is dry, heat up a touch of oil and when hot, add the shallots, mushrooms, carrot, celery and garlic. Stir and cook over medium heat until lightly browned, about 8 minutes. Stir in the tomato paste and fish sauce. Add the beef broth, beer and browned beef shank. Bring to a boil over high heat and then lower to a simmer. Cover the pot with a lid and simmer on low for 2 hours minimum and up to 4 hours if you have the time. The shank should be very tender.

At this point I put the stew in the fridge overnight, but if you're eating the stew as is and not making a pie, you can go ahead and taste, season if needed and enjoy!

If you are going to make a mashed potato topped pie, preheat the oven to 375°F. Go ahead and make a batch of your favourite mashed potatoes.

Remove the meat from the stew, chop into bite-sized pieces and place in a large oven proof casserole dish. Scoop the vegetables out of the stew and add to the casserole.

There will be a lot of braising liquid left over, of which you will only need 1 cup. Save the remaining liquid though, you can always add it to other braises or make gravy.

Melt the butter in a small saucepan over medium heat. Add the flour and stir until completely incorporated and slightly brown. Slowly pour in your measured cup of braising liquid while stirring. Bring to a gentle boil. The gravy will thicken slightly. Pour the gravy onto the meat and vegetables and top everything with your mashed potatoes.

Bake until the potatoes are golden brown and crispy, about 30 minutes. If needed, broil for 5-8 minutes for an extra golden potato top. Enjoy warm.