



TRIBUTE ALE BRAISED BEEF

IDEAL FOR BOTH FAMILY MEALS AND DINNER PARTIES, THIS DELICIOUS TREAT CAN BE PREPARED IN ADVANCE, LEAVING YOU FREE TO SPEND TIME WITH YOUR GUESTS - THE GREAT TASTE WILL CONVINCE THEM THAT YOU'VE BEEN SLAVING AWAY FOR HOURS.

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PREPARATION TIME: 15 MINUTES | COOKING TIME: 3 HOURS
SERVES: 4 PEOPLE

INGREDIENTS

4 tbsp olive oil
Sea salt and freshly ground black pepper
1kg blade of beef, cut into 5cm pieces
14 shallots, peeled
200g pancetta, cut into cubes
200g mushrooms, cut into chunks
1 large carrot, peeled and cut into chunks
3 cloves of garlic, peeled and finely chopped
1 tbsp chopped thyme leaves
1 tbsp tomato purée
2 tbsp plain flour
700ml Tribute pale ale
300ml beef stock
2 tbsp flat leaf parsley chopped
2 bay leaves
Zest of 1 orange

METHOD

Preheat oven to 150°C, gas mark 2 or 300°F. Place a large, heavy based oven proof casserole pan with lid, on a medium heat and add the oil.

Season the beef with salt and pepper and fry each side in the casserole pan on a medium-high heat for about 2-3 minutes or until a perfect golden brown. Cook the meat in batches, remove from the pan and set aside.

Into the casserole pan, add the shallots, bacon, mushrooms, carrots, garlic and chopped thyme leaves and lightly brown. Stir in the tomato purée and plain flour and cook for 2 minutes, stirring constantly.

Return the beef and the beef juices to the pan and combine with the shallot mixture. Add the Tribute, stock, parsley, bay leaves and orange zest. Put on the lid and cook gently in the oven for 2½ – 3 hours.

Season and serve with glazed carrots, green vegetables, mash and, of course, a pint of Tribute ale.

Tribute is available at the St Austell Brewery Visitor Centre (01726 66022) online at www.staustellbreweryshop.co.uk and at the following retailers: Asda, Co-op, Tesco Morrisons, Waitrose, McColl's, Aldi, Sainsbury's, Majestic Wine, Spar.

