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## Braised Beef in Beer

**Serves 6**

*This recipe uses stewing or braising steak, and as the meat is cooked very slowly, you can use lean braising steak and it will still be succulent and tender. The prunes give a lovely richness and depth, so very little fat is needed to be added for cooking, making this a very low fat recipe. Like many stews this is best cooked in advance and reheated or it can be frozen. If you wish you can put a pastry crust on top and make a delicious pie.*

175g stoned prunes  
150 ml water  
300 ml stout  
1 teaspoon English mustard powder  
25 g plain flour  
1 kg stewing steak (diced)  
2 onions  
300g carrots



Put the prunes in a bowl and pour over the water and beer. Leave to soak for 2 hours. Mix the mustard powder with the flour and toss the beef in it.

Preheat the oven to 150 C (Gas Mark 2) Heat one tablespoon of oil and cook the onions for about 5 minutes, stir in the carrots and cook for another 5 minutes. Place the vegetables in a casserole and stir in the prunes with their liquid. Heat another tablespoon full of oil in the frying pan and quickly brown the meat. Season. Add the meat to the casserole, cover and cook in the oven for 2.5 – 3 hours.