Beef and Guinness Casserole
Serves 6

Ingredients
3 tbsp. rapeseed oil
1 kg stewing beef trimmed of fat and cut into 2cm cubes
1 large onion, chopped
2 streaky rashers, finely sliced
1 tbsp. flour
2 tsp. fresh thyme leaves
250ml Guinness or stout
250ml beef stock
1 heaped tbsp. tomato puree
1 bay leaf
300g chestnut mushrooms, wiped and sliced
Salt and pepper
Mashed potato, to serve

Method
Preheat the oven to Bottom Heat 150°C.

1. Heat one tablespoon of the oil in an ovenproof casserole dish over a high heat. Working in batches, brown the beef on all sides. Remove to a plate and set aside.

2. Add another tablespoon of oil to the casserole and turn down to a medium heat. Cook the onion and streaky rashers for 3 minutes. Stir in the flour and cook for another minute.

3. Sprinkle in the thyme, then pour in the Guinness and beef stock. Add the tomato purée and bay leaf, then stir well.

4. Return the beef to the pot and bring to the boil. Cover the casserole with a lid. Transfer to the oven and cook for 1 hour and 30 minutes.

5. Meanwhile, heat the remaining tablespoon of oil in a frying pan over a high heat. Add the mushrooms and cook for 3 minutes or until soft. Season with salt and pepper.

6. Add the mushrooms to the casserole, then return to the oven and cook for another 45 minutes. Check the beef; if it's still tough cook for another 20 minutes or until tender.

7. Season to taste with salt and pepper and serve with mashed potato.