

BEEF STEW WITH BEER

4 persons / 595 kcal per person

Ingredients

- 600 grams of Irish beef steak
- 2 teaspoons of chili flakes or powder
- 35 grams of unsalted butter
- 2 cloves of garlic
- 4 stalks of celery
- 300 grams of turnips (ready to cook, bag)
- 1 meat stock tablet
- 330 ml Premium Pilsener
- 200 ml tap water
- 3 slices of gingerbread
- pepper and salt



Preparation:

Let the steak come to room temperature and cut into chunks. Sprinkle with salt, pepper and chili flakes or powder. Heat butter in a frying pan and brown the beef for about 5 minutes. Meanwhile, peel and slice the garlic. Peel the celery with the vegetable peeler, cut into 2 cm pieces and rinse. Spoon the garlic, celery and turnips into the meat and fry gently for about 3 minutes. Crumble the stock tablet on top. Pour the beer and 200 ml of warm water along the edge of the pan. Bring to the boil and let the meat simmer, covered, for about 2 1/2 - 3 hours. Cut the gingerbread into cubes and add the cooking liquid. Heat the stew for about 3 minutes while stirring until the moisture is nicely bound. Season with salt and pepper.

Nutritional value per person:

Energy:	595 kcal
Protein:	36.0 grams
Carbohydrates:	54.4 grams
- including sugars:	11.5 grams
Fat:	22.4 grams
Fiber:	4.9 grams
Salt:	1.8 grams