



BELGIAN

Carbonnade Flamande

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	2 hr 45 min	Braise	Chuck roast & stew beef

Ingredients

- 1.3 kg (2¾ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 1½ tsp salt
- ½ tsp black pepper
- 3 tbsp butter or beef dripping
- 4 large onions (about 900 g / 2 lb), thinly sliced
- 3 cloves garlic, chopped
- 1 tbsp all-purpose flour
- 500 ml (2 cups) Belgian dark ale (Trappist dubbel or Flemish brown)
- 250 ml (1 cup) beef stock
- 2 tbsp brown sugar
- 2 tbsp red wine vinegar
- 3 sprigs thyme
- 2 bay leaves
- 2 slices sturdy bread
- 2 tbsp Dijon mustard

Steps

1. Heat the oven to 150°C (300°F). Season the beef with salt and pepper and pat it dry.
2. Melt 1 tbsp butter in a heavy pot over medium-high heat. Sear the beef in batches until well browned, about 5 minutes per batch, adding more butter as needed. Set aside.
3. Lower the heat to medium and add the remaining butter and the onions. Cook, stirring now and then, for 15 minutes until deep golden and sweet. Add the garlic for 1 minute, then the flour for 1 minute more.
4. Pour in the ale and deglaze, scraping up the browned bits. Add the stock, sugar, vinegar, thyme and bay, and return the beef.
5. Spread the mustard on the bread and press the slices, mustard-side down, onto the surface of the stew. Cover.
6. Braise in the oven for 2 to 2½ hours, until the beef is tender and the bread has melted into the sauce.
7. Stir to blend the bread in, remove the herbs, and taste for salt and a touch more vinegar. The sauce should be glossy and sweet-sour.

Notes

- **Serving:** traditionally with frites or boiled potatoes and a sharp salad.
- **Make ahead:** it holds well for three days in the fridge and improves with time.
- **Beer choice:** avoid hoppy beers, which turn bitter after long cooking.
- **Slow cooker:** sear the beef and cook the onions, then low 8 hr or high 4–5 hr with the mustard bread on top. If the sauce is thin, cook lid off on high for 30 minutes.
- **Freezer:** freezes for up to 3 months; thaw overnight in the fridge and reheat until steaming hot.