Main dishes / Belgium

Carbonade flamande



Beef braised in dark beer with onion and a slice of mustard-spread bread that thickens the sauce.

Time 205 min **Servings** 6

What you'll need.

- ☐ 1.2 kg Beef shoulder — in large pieces
- ☐ 500 ml Dark Belgian beer
- ☐ 2 tbsp Mustard
- ☐ 1 tbsp Wine vinegar
- ☐ 60 g Butter
- ☐ 800 g Onions — sliced
- ☐ 2 slice Slice of bread
- ☐ 1 tbsp Apple or dark syrup
- ☐ 4 sprig Thyme and bay
- ☐ Salt and pepper — to taste

Let's make it.

01 Dry the meat and brown it in butter in batches until dark. Set it aside.

02 In the same fat sweat the onion for twenty minutes until soft and gold: it gives the sauce its sweetness and body.

03 Return the meat, pour in the beer and add the syrup, vinegar, thyme and bay. The liquid should nearly cover the meat.

04 Spread the bread with mustard and lay it mustard side down on top of the meat. Do not stir it in.

05 Cover and cook three hours on the lowest heat or at 150 °C in the oven. The bread dissolves on its own.

06 Stir the sauce, check the balance of sweet and sour and serve with chips.

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