

Carbonnades Flamandes

Carbonnades is common in both Belgium and northern France. Although there are innumerable recipes on the internet, most are from French or international sites. This one however is derived from one given on a Belgian website¹.

Although like most such stews, this is better made and then reheated and eaten the next day, as the recipe says, you can simply let it simmer for 3 hours or more until the meat is tender and eat it the same day.

Ingredients

1 Kg	beef (chuck or braising steak) in large pieces
2	onions
1 dsp	brown sugar
500 ml	brown beer
1	bay leaf
1 sprig	thyme
3 slices	pain d'épices
or	
2 slices	pain de campagne
	mustard
1 dsp	plain flour
	salt and pepper
	butter

Method

The day before you're going to eat it, chop the onions and brown them in the butter in a casserole. Set them aside, and then brown the pieces of meat on all sides. Put the onions back in and add the flour. Add the beer, the brown sugar, the bay leaf and thyme and season with salt and pepper. Bring it to the boil then reduce to a simmer. Spread the pain d'épices or bread with mustard and put it on top of the contents of the casserole. Cook it on a low heat for at least 2 hours. Let it get cold.

The next day, set the casserole on a low heat for at least another hour. If the sauce is still too wet, you can remove the meat, reduce the sauce, then put the meat back. Check the seasoning and serve.

¹ <https://vivreabruelles.be/carbonade-flamande-un-plat-typiquement-belge.html>