

# Pot-Roast Beef with Guinness

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2	tablespoons	vegetable oil
2	pounds	rolled brisket of beef
10	ounces	onions - roughly chopped
2		celery stalk - thickly sliced
1	pound	carrots - cut into large chunks
2	tablespoons	all-purpose flour
2	cups	beef stock
1 1/4	cups	Guinness
1		bay leaf
3	tablespoons	fresh thyme - chopped
1	teaspoon	light brown sugar
2	tablespoons	whole grain mustard
1	tablespoon	tomato puree
		salt and pepper
1 1/2	pounds	potato - peeled and cut into large chunks.

Preheat oven to 350. Heat the oil in a large flameproof casserole and brown meat all over.

Remove the meat from the pan and drain it on a double layer of paper towels. Add the chopped onion and cook for about 4 minutes.

Add the celery, carrot and potato to the casserole and cook over a medium heat for 2-3 minutes.

Stir in the flour and cook for 1 minute, stirring constantly. Pour in beef stock and Guinness and stir until well combined. Bring the sauce to a boil, stirring constantly with wooden spoon.

Add the bay leaf, thyme, sugar, mustard, puree and plenty of seasoning. Place the meat on top, cover tightly and transfer to oven.

Cook for about 2.5 hours, or until veges and meat are tender. Adjust the seasoning and add another pinch of sugar, if neccessary. Serve with the gravy.