



Curried Stew

Pairs with: Anarchist Amber Ale

Recipe submitted by: Louis Richer

Ingredients:

- 300 grams of lean stew beef
- 300 grams of chicken breasts
- 1 scant teaspoon of curry
- 1/2 teaspoon of ground ginger
- 1/2 teaspoon of powdered onion
- 1 small leek cut in 4 sections
- 2 cups of water containing 8 teaspoons of chicken base and one teaspoon of beef base
- 1 cup of Anarchist Amber Ale
- 1/3 cup of flour
- 1/2 tablespoon of pepper
- 1 turnip cut in 4 chunks
- 2 medium sized potatoes
- 2 small carrots cut in 2 sections each
- 2 tablespoons of canola oil

Cooking Directions:

1. Cut the meat and the chicken in small cubes.
2. Mix in a deep pot the flour, curry, pepper, powdered onion, ginger and the canola oil.
3. Heat for 5 minutes at low heat then turn up the heat to medium-high, adding the meat and the chicken breasts. Mix until meat is golden brown.
4. Add the beer and the broths, the potatoes, the carrots, the leek and the turnip.
5. Simmer for 70 minutes.
6. Verify the seasoning and serve.

Prepares 4 servings. Preparation time 15 minutes; cooking time 70 minutes.