

# Carbonnade Flamande

This tasty recipe has been put together by Tom, our Healthy Habits Coordinator, with a little help from his daughter. For more great health and wellbeing tips from Tom and the Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

This is a fantastic recipe that not only tastes amazing, it smells divine too as it stews away. It also serves up 6 portions so is perfect for feeding the family or as a meal prep recipe. It is also a very cost effective way to cook working out at less than £2 a serving. I tend to do this in the slow cooker but you can just as easily do this in the oven in a suitable oven proof pot.

## Ingredients

- 1kg lean diced steak
- 400ml dark beer like a Leffe or a lighter beer like Morreti
- 3 garlic cloves, chopped
- 20g butter (or you can just use oil if you prefer)
- 200g onions or shallots, chopped finely or blended.
- 250g bacon, fat removed, chopped up roughly.
- 1-2 carrots, chopped up roughly
- 100g mushrooms chopped in half (optional)
- 350 ml beef stock
- 20g tomato puree
- 20g wholegrain mustard
- 20g honey
- 1 bouquet garni (a “tea bag” of herbs)
- 2 bay leaves



## Method

1. Marinate the beef in the beer and garlic for at least two hours, the longer the better if possible, but it isn't critical, especially if you are doing it in the slow cooker.
2. If you are doing it in the oven, preheat your oven to 160 degrees Celsius. If slow cooker, turn it onto low.
3. Heat the butter/oil in a large, oven proof dish (if doing it in the oven) or a frying pan (for the slow cooker) and fry the bacon, onions and carrots for around 5 minutes or until cooked.
4. Add the beef (and the liquid from the marinade if you've done it) along with all of the other ingredients (apart from the bay leaves and bouquet garni) and brown off the meat.
5. Mix through, cover and place into the oven for around 3 hours or carefully pour into the slow cooker, then leave it for as long as you want. I tend to do it on low for 5-6 hours and the smell that greets you is amazing and means the meat is so tender. Just stir it through every now and then.
6. Remember to remove the bouquet garni and the bay leaves before serving.
7. I serve this either on its own in a bowl or with Gnocchi, but it will go well with rice.