

# Briess Irish Stew

A hint of natural sweetness complements this savory, Indonesian dish

<b>Ingredients</b>	<b>Volume</b>
Beef Cubes	1-1/2 lbs
Salt	1 tbsp
All Purpose Flour	3 tbsp
Olive Oil	4 tbsp
Onion (Chopped)	1 large
Garlic (Minced)	6 cloves
Beef Broth	4 cups
Bay Leaves	2 leaves
Porter Beer (Your Choice)	16 oz
Thyme	2 large sprigs
Salt	2 tsp
<b>InnoSweet™ Sprouted Whole Wheat Powder</b>	<b>1 tbsp</b>
Worcestershire Sauce	1 tbsp
Ground Pepper	¼ tsp
Carrots (Peeled/Chopped)	4 medium
Celery (Chopped)	2 stalks
Potatoes (Peeled/Chopped)	3 large
<b>Sprouted Wheat Flour Toasted Light</b>	<b>4 tbsp</b>



## Method

1. Heat olive oil in large pot over medium-high heat.
2. In large bowl, toss beef cubes with flour and 1 tsp of salt. Once oil is hot, add the beef cubes and sauté for 6-8 minutes, or until the meat is browned.
3. Add chopped onion. Sauté for 5 minutes, then add garlic. Cook an additional 2 minutes.
4. Turn heat to medium and stir in beef broth, Porter Beer, bay leaves, thyme, salt, InnoSweet™ and simmer for 30 minutes.
5. Add carrots, celery, and potatoes. Continue cooking for about 45 minutes, or until the potatoes are tender.
6. Thicken with Sprouted Wheat Flour Toasted Light one tbsp at a time. Simmer 10 minutes.
7. Serve in premade Briess Multigrain Bowl (ask for the recipe).

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